Mata Vaishno Devi

Journeys in Meditation with

Dr. Ajay Kotwal

My spiritual guide

Maruti

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Maruti Sharma
H.No 55, Near Oscar Jani Ghar, Mohalla Tube Well,
Toph Sherkhanian, JAMMU, (J&K) INDIA-181121.
Ph. No. : 00-91- (O) 9906006332,
(O) 9419141446, (0191) 2002641
Email: matavaishnodevidhyan@yahoo.co.in
sharmamaruti@yahoo.com

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Dedication

I am the twice born.

I dedicate this Book:

To **Mata Vaishno Devi**;

To my Spiritual Godparents **Dr. Ajay Kotwal**,

an Enlightened Mystic from the Himalayas, and

his consort, **Neelam Mohan;**

To my parents, my father, **Sh. S.L. Sharma** and

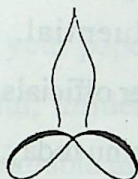
my mother, **Smt. Rekha Sharma**

And to all those seekers of Spiritual

Enlightenment.

Dr. Ajay Kotwal-Dispeller of Darkness
My Spiritual Guide

Maruti in Communion with Mata Vaishno Devi

Chapter – One
My Journey To Introspection

I can never forget that evening, that conversation, that moment when I heard from my teacher and Spiritual Guide, Dr. Ajay Kotwal, for the first time in my life, that, it is possible to have darshan of **Mata Vaishno Devi** within ourselves anywhere, anytime, with the help of **Mata Vaishno Devi Dhyan**-a meditation system.

I still remember, I had just returned from the pilgrimage to **Mata Vaishno Devi Shrine**, and was sitting with Dr. Kotwal when he asked me, "How was your journey?"

"Sir, I had an excellent journey as always with

the blessings of **Maa**. I had darshan of **Maa** very quickly in spite of the long queues of devotees who were stranded for hours, waiting for their turn to go inside the Holy cave of **Maa.** I was lucky Sir...I had a special entry pass for a quick darshan, which only rich, powerful, influential, and people with connections with higher officials can get. That's why I was able to reach Jammu today, Sir, when was your last visit to **Mata Vaishno Devi?"**

"With the blessings of Maa I go whenever I want to, but I have never gone to the Holy Shrine of Maa physically," Dr. Kotwal replied.

This answer of my teacher confused me then; but changed my life totally - much later. I didn't understand what he meant. It sounded weird, but knowing him, I was sure that he was saying something, which I was unable to comprehend.

So I sought a clarification and asked him, "Sir, how can this be possible? What you are saying sounds strange. Please tell me what you mean."

"The pilgrimage that I make is of a different

kind. It's a journey in meditation to **Maa** within myself. To make this journey you don't need to travel with your physical body but you need a special entry pass in the form of a meditation technique, which I call **Mata Vaishno Devi Dhyan**. This entry pass is not something like your paper pass, available only to the rich, powerful, influential and people with connections. It is available to all the devotees, even to the poorest of the poor, downtrodden, helpless and people with no power, influence and connections. No official has the power to issue this special entry pass. You can get it only by Her Grace from the **Elected Ones of Maa**," Dr. Kotwal said.

"It sounds interesting, but Sir what I don't understand is, how can one travel without the physical body for the darshan of **Maa?** Is it possible?" I asked.

"Yes it is possible...to have the Divine darshan of **Mata Vaishno Devi** without travelling with our physical body... it is possible...but only if we understand the true nature of **Maa** and our own true

nature. We have to ask ourselves, who am I? Who is **Maa**? What is our relationship with **Maa**? Once we understand the true nature either of **Maa** or our own Self, then with the help of **Mata Vaishno Devi Dhyan** we can have the Divine darshan of **Maa** instantly, without travelling physically...Yes it is definitely possible!" Dr. Kotwal replied.

"Sir, please tell me; who is **Maa**? Who am I? What is my relationship with **Maa**?" I asked.

"**Maa** is the Supreme Being; She is the Supreme Creator Herself. She is everywhere, wherever we are and wherever we are not... She is our Divine Mother; we are Her Divine children... We are of the same stuff as **Maa** is made of...! We are made up of the Tattavas (elements) of Maa...We have the same Spiritual genetic code as that of **Maa** Herself. She is our mother, how can our nature be different from Her? Contemplate on this and you will not only understand who **Maa** is, who you are, but also what your relationship with the Divine Mother is," Dr. Kotwal replied.

I could feel his answer though I couldn't understand it fully at that time, so I asked, "Can you explain it more clearly, Sir?"

My teacher understood that I hadn't understood what he had said, so he explained, "Just like there is a physical world there are also non-physical worlds. **Maa** is the Creator of all the worlds and She pervades all of them. Therefore, you can experience Her presence anywhere, anytime, in any world. She is everywhere all the time."

"How can I have this experience practically?"

"This can happen only when you travel within your Self, see Her within, and experience Her presence within your Self."

"But how can one travel within one's own Self for Her darshan?" I asked.

"When devotees physically travel to the shrine of **Maa** for Her blessings and darshan they use different modes of transportation, some go in helicopters, some people go in aircrafts, and many go by trains, buses, taxis, cycles, ponies, palkis and

pithus, depending upon their economic evolution and mindset. As in physical, similarly, in the non-physical journey to **Mata Vaishno Devi**, we use different modes of transport depending upon the Grace of **Maa** and Spiritual evolution in the past lives of the traveller. The transports for inner journey are knowledge, meditation techniques, coloured pranayams, astral travel and sacred mantras of **Maa**. But whether we travel physically or non-physically, when we are face to face with Her, when we enter Her Shrine, we have to leave all our transportation behind. Eventually, when She is perceived directly we do not need any transport to see Her," He said.

"Sir, is there any difference between physical and the non-physical journey to **Maa**?" I asked.

"Mine has always been the inner journey. So only, those who have made both can tell the difference. Why don't you make the inner journey and tell me the difference, or wait until I make a physical pilgrimage. I am sure that the physical journey must be very exciting too," He answered.

"But Sir, I know that you are always blissfully intoxicated by the presence and grace of **Maa**...and you feel Her presence every moment, everywhere, is this the reason why you never felt the need to travel physically to Mata Vaishno Devi?" I asked.

"It's not that I was not interested or I never wanted to go but somehow I never went," He smiled.

"Sir, there is one thing I want to ask you. How did it all start? Did this state come to you naturally? Were you always in this state, connected to **Maa** all the time? Please tell me." I asked.

"No...No...No...it was not always like this...!"Dr. Kotwal took his time. He looked in space as if recollecting something, his eyes illumined with the gleam of nostalgia and he said,

"...This is how it all began...it was about twenty years ago, in 1980's, it was the time when Neelam(Dr.Kotwal's wife) and I decided to live our life in quest of Self-knowledge, researching the subtleties of our own Existence and the contents of Cosmic Consciousness...to explore directly and to

Maruti (left) with his teacher Dr. Ajay Kotwal

In bliss; An evening on the roof top of Our Spiritual Research Centre, Maruti with his teacher Dr. Ajay Kotwal (left).

Dr. Ajay Kotwal with his Companion Neelam Mohan

discover experientially whatever there is to be discovered and experienced...it was during those times, I still remember....very vividly...though it was way back...that a question would come to my mind, '*thousands of people from all over the world go to the Holy Shrine of* ***Mata Vaishno Devi*** *everyday. Most of my friends, family and even Neelam have had the Divine darshan of* ***Maa*** *in Her Shrine. Why not I?*'

He paused for sometime and continued, "Every time somebody would tell me to accompany them to **Mata Vaishno Devi**, I would say, 'not now, some other day, some other time...' though inwardly I always wanted to say... 'Yes', but the words, 'some other day, some other time' would come gushing out without any intention of my saying these words. The worst part of my story was that nobody ever insisted that I should accompany them and a time came when friends and relatives stopped inviting me for the pilgrimage anticipating my answer, 'some other day, some other time.' So the questions came to my mind,

'Why is it so? Why don't I go? Why do I say no?'

One evening when I was reflecting and pondering over these questions during my meditation, an astonishing visitor emerged in my consciousness... and can you guess who the visitor was?" He asked me abruptly.

"Whooo...?" I asked with my eyes and mouth wide open.

"**Mata Vaishno Devi Herself.**"

"Wo-oow...that's ammm...azing!" I stammered.

"Even I felt the same but more amazing than her visitations was the fact that these visitations became frequent and interactive..it was awesome...I didn't know what to make of these visitations. I was totally zapped..."

"What did She say to you, Sir?" I asked with great curiosity.

"She revealed to me so many things, that of some... I could make no sense at all. Revelations came in abundance; I went through a revelation

fatigue syndrome for many months. I used to be dazed and would walk around talking to myself and my wife Neelam about them... she helped me understand many of the revelations."

"Did these revelations come only during meditations?" I asked him.

"Yes...initially they came while I was meditating, after some time they would come anytime; anywhere... how can I explain to you...well they were like the SMS you receive on mobile phones nowadays ... I felt as if I was carrying a powerful mobile in my head and getting messages from **Maa**. Once the messages started coming, they would not stop. I had no choice but to receive them. At that time I didn't have the power to stop them from coming," He answered.

"What did it feel like?" I asked.

"It felt great, I felt blessed."

"And then... what happened next?"

"...The visitations continued and the revelations continued too. I wrote them down in my

journal in my own crude way. It was after a few years that both Neelam and I tried to make sense of these writings and these visitations. We discovered to our surprise... **Maa** had revealed **Wish fulfilment symbols, Coloured Pranayams, Mata Vaishno Devi Dhyan** - a system of meditation, **Mata Vaishno Devi Shakti Healing**- a Divine energy healing system and **Mahamantra of Maa**- a sacred mantra of **Maa**. It took us years of research to decode and classify the whole thing. We also found out that **these have the power to cleanse the scattered energies, harmonize them, and also the power of transmutation, leading to realization of Maa's Supreme Consciousness,**" Dr. Kotwal said.

"I don't understand what you mean by the power of transmutation leading to realization of **Maa's** Supreme Consciousness, Sir?"

"Just like ice at a certain temperature is water and water itself changes into steam with the change in temperature. Similarly, it's the same energy of **Maa** that appears as thought...idea...image...it is

actually the same energy of **Maa** that forms our physical body...the emotional body...the astral body...the mental body... the bliss body...it's the same energy of **Maa** that we perceive as love...lust...hatred...passions...compassion...it's the same energy of **Maa** which forms the gunas...rajas...tamas...sattava and the tattvas.

This energy of **Maa** is undergoing a ceaseless series of spontaneous transmutations...form changing into another...thoughts becoming ideas...ideas changing into actions...tattvas coming together to form objects...objects disintegrating back into the tattvas...death...birth... one transmutation appears as the cause of the next...this eternal cycle of transmutations has no beginning.

We are trapped in these continuously transmuting worlds of appearances which limit us...veil our true nature and create illusions of life...death...fear...hope...joy...suffering..."

"How do these illusions appear, Sir? I asked full of curiosity.

"Just like the prism refracts the white light into the seven colours, in a similar way, the prism effect of mind projects the Supreme Light of **Maa** into the spectrum of life... diversity...duality...names and forms. The energy vibrating at different frequencies appears as the world of names and forms...the world that appears to our senses and mind...the world of diversity...duality; It's all an illusion created by the power of Supreme Light of **Maa**; It's the play of Her Shakti. **Maa** is the source of all vibrations, who doesn't vibrate Herself... doesn't undergo any transmutation... She is never touched by any vibration and transmutation at all.... She is untouched ... She is always pure, pristine, that's why She is **Adi Kumari,** which means Pure from the Beginning.,,

"Ah! Sir, your words remind me of an experiment we used to perform in our school. Whenever a beam of light passes through a prism, it breaks into seven colours. Is it something similar to what happens to the Supreme Light of Maa, Sir?"

"Exactly! Now I am sure that you remember the second part of the experiment that when you keep a second prism in front of the spectrum of light, the spectrum of colours disappears and you get the original beam of light…"

I nodded in agreement.

"… **Mata Vaishno Devi Dhyan and the Healing Systems** act as the second prism that neutralizes the prism effect of your mind and this is how the illusions of the worlds...appearances... names and forms disappear and you realize the true nature of Maa and your own Self. Now...what I want to explain is that **Maa's** meditations and healing systems as revealed to me, help generate the mystical heat that harmonizes the frequencies of our energy system so that we realise not only the play of the **Supreme Light of Maa's Consciousness**, but experience directly, the **Supreme Consciousness** itself."

"Amazing Sir! Why don't people know about these revelations and ask for them?"

"You can't ask for things you don't know about...they do not exist for you! Nobody knows about these revelations. Because they haven't been told about these revelations so far, so they do not know these exist."

"That's fantastic, Sir... have you never revealed these to anybody?" I asked this question wondering whether he would agree to become my Spiritual guide in this fascinating journey to **Maa** within myself.

"No I haven't so far...!" his answer disappointed me a little. I thought since he has not passed these secrets to so many who come to him, why would he tell me and guide me, for I knew I was insignificant compared to those who actually came to him for guidance.

Nevertheless no harm in trying, so I asked hopefully, "Was nobody ever interested in these revelations?"

"I did reveal a little to three or four spiritual seekers who when they heard of it, found these

revelations fascinating. They were impressed and praised me but none of them was interested enough to understand its theory and practice. I didn't insist either and the secrets have remained with us till now."

"Oh my God, Sir...how unfortunate! They missed such a great opportunity, Sir, Why didn't they try?"

"I didn't ask them, you can, if you want to! They are still around," He said with a smile.

"Had I been in their place, I wouldn't have missed this opportunity for anything in life," I said spontaneously.

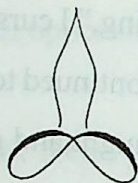
"You are welcome to try...you have arrived at the right time and at the right spot! If you find these revelations so interesting, try them and carry on the research," he said unexpectedly, looking me in the eyes.

I was stunned by the abruptness of the offer. I was scared to say 'Yes' and didn't want to say 'No'. So, I politely took my leave and went home.

After reaching home, I could not sleep. I was

awake the whole night, thinking *'why didn't I say yes'* I kept cursing myself. From next morning onwards whenever I said, "I am ready Sir, please teach me **Mata Vaishno Devi Dhyan and Shakti Healing**," he would say, "not now, later, you missed your chance that evening," I cursed myself whenever he said, 'later', but I continued to insist and persisted in my request to be taught and guided.

Chapter - Two

Mapping The Spiritual Journey

Every instant our senses are being hit by the machine guns of uncertainty and fear. Our lives are woefully stressed. We know, we need help but we don't really know where to look for it. We accept the doubt, distress, despair, suffering and misery, that haunt our lives as destiny and we drift on the waves of suffering gradually towards the ocean of total helplessness. Please realize that our destiny is prosperity, peace, bliss and joy.

I had understood with the help of my teacher Dr. Kotwal that the ultimate purpose of one's life is Self- Realization, but there was a problem. Besides

Spiritual Enlightenment, I was also interested in health, wealth, power, fame and prosperity. I was in a grave dilemma. I had presumed that if I wanted to have worldly comforts then I couldn't get Spiritual Enlightenment. It was a difficult choice. I wanted both—Spiritual Enlightenment and worldly success.

So one afternoon, I went to our spiritual research centre. I saw my teacher sitting in the lotus posture in a deep trance, on a carpet of bright-green soft grass under a mango tree. The clusters of the colourful flowers in the garden perfumed the breeze. Every thing was perfectly still. He was one with the stillness. His presence was intoxicating and I was drawn towards him. My bewilderment dissolved into the stillness of my teacher. I looked gratefully at the flowers, the grass and the old mango tree. A soft breeze was blowing across and I heard it rustle the leaves of the mango tree; and tickle the small colourful flowers, which appeared to dance to its music. And at that moment, waves of ecstasy enveloped and left me riding a train of thoughts; back

in time, wondering: '*This is the place where I realized the ultimate purpose of life. This has been a great learning place for me where I saw people from all walks of life be it saints, spiritual teachers, professionals, businessmen, bureaucrats, ordinary people coming for Spiritual guidance and support. It's funny that everyone who came here for guidance wanted to stay with us but very few people could actually stick around and continue their spiritual voyage.*'

My teacher opened his eyes and greeted me with a smile. His smile brought me back. I looked at him, hesitated and finally asked him cheerfully, "Sir, I want Spiritual Enlightenment- but right now more than that, I want worldly success. I want everything- health, wealth and wisdom. I don't know what to do. Please help me."

Dr. Kotwal looked at me and I could clearly see a beam of delight on his face. He kept on looking at me for some time and then broke the silence, "What's the problem? **Spiritually Enlightened you**

(From left) Vikram, Mohit, Neelam Mohan, Dr. Ajay Kotwal, Himanshu, Stephannie, (Sitting) Vijay and Maruti

(From Left) Pooja, Ashutosh,Himanshu, Dr. Kotwal, Sabina, Shilpa, Maruti

Teaching Playfully
Dr. Kotwal(middle), Himanshu
Maruti(under the blanket),Vikram

Chess and Wisdom go together
Maruti and Dr. Ajay Kotwal

already are. Until you realize it, you must fulfil all your worldly desires."

I was happy to discover that I don't have to leave anything. I was excited, "What should I do for my worldly success?"

"You can do many things for success in the world, and to begin with get yourself a success coach or a consultant in your chosen field. I wouldn't know much about worldly success, I devoted my time to contemplation of life and for me the worlds exist in my mind as projection in consciousness and the one that appears outside is also a projection of mind. So it is all an illusion. A self-created and a self-sustained illusion," He said philosophically.

"But, I want your guidance, Sir; I feel that only you can understand the kind of success that I want– worldly success and also Spiritual Enlightenment. Please guide me, Sir," I implored.

"Successes as you want are possible with the grace of **Mata Vaishno Devi.** She has the power to fulfil all your wishes in an instant. You have to

understand play of Her Shakti. She is very powerful and very loving. Only She can liberate you and also offer worldly success; simultaneously. You need not go to different places looking for different things," He said.

"Sir, I am confused. I don't want to be a blind follower. I want to understand why **Mata Vaishno Devi?** Why not any other God or Goddess?" I asked him.

"It's a great question," He replied. "There is nothing wrong in praying to any other God or Goddess. But you want everything-health, wealth, wisdom, prosperity and spiritual powers. Don't you?"

"Yes", I said.

"Now, if you pray to Lord Shiva you will get only the power of lord Shiva. Similarly, if you pray to any other God you will get only the benefit of his powers. Like Maha Laxmi can give you wealth, Saraswati can give you wisdom and Mahakali can give you Health. But you want all the three, and that

too quickly, isn't it?" Dr. Kotwal asked me.

"True, very true Sir. But then why **Mata Vaishno Devi**, I still do not understand?" I looked at my teacher, puzzled.

Dr. Ajay Kotwal said, "**Mata Vaishno Devi** is the unity of the trinity. **She is All in One and One in All.** In Her, powers of all the three Gods- Lord Brahma, Lord Vishnu and Lord Mahesh reside in the form of Saraswati, Maha Laxmi and Mahakali. She is blessed and empowered by the three supreme powers themselves, to help you. When you pray to **Mata Vaishno Devi**, you are actually praying to all the three Gods and the three most powerful Goddesses. That's why only **Mata Vaishno Devi** has this unique power to fulfil all kinds of desires and wishes of Her devotees."

"But I already pray to **Maa** regularly," I realized that I had stopped my teacher half way and that he was about to say something important.

Dr. Kotwal would always accommodate my impatience in his calm. He was smiling this time too.

"Prayer is one way. You pray to **Maa** but are not sure whether **Maa** has heard your prayer or not. You need to do **Mata Vaishno Devi Meditation**. Meditation of **Maa** is interactive. Here you invite **Maa** in Her luminous forms and when she appears, you communicate all your problems in any language or in silence. She understands all the languages but the best language is of the pure heart. She will surely respond and take care of all your problems. **Mata Vaishno Devi Dhyan-Meditation** is a sure way of communicating your innermost needs and getting a direct assurance and reaction from Her."

I couldn't believe my ears; I could feel very close to learning the secret meditation practice. I didn't know what to say, "I want to meet and interact with **Maa**. When will you teach me, Sir?" I was intrigued. My voice clearly communicated great hope and excitement.

"Whenever **Maa** chooses you to learn and invites you to Her Divine Abode. Meanwhile you wait and pray to Her for blessings. The day is coming

very soon," Dr. Kotwal responded to my excitement.

Days passed by and I kept on looking for the right moment to ask him for this privilege. Now my appetite for learning Mata Vaishno Devi Dhyan had grown enormously. One afternoon, when he had just won a very close game of chess, I asked him, "Sir, will you please help me make a Journey in meditation to the Shrine of **Maa Vaishno Devi** within myself? Will you please teach me Her meditation as revealed to you?"

"Since you have asked me with so much curiosity and persistence, I will reveal to you **Mata Vaishno Devi Dhyan and Shakti Healing** but on conditions that you will practice what I reveal to you, yourself; you will never reveal these techniques to anybody until you have experientially verified their meditational and healing properties yourself, you will promise to carry on the research on the subject... the research must go on... I am not the last word. Maa is unfathomable...who can know Her depths! If you agree to these terms, only then I will consider

becoming your Spiritual Guide," Dr. Kotwal said emphatically.

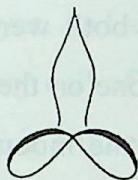
This time I had no hesitation in saying yes. Before he could change his mind again, I said, "Yes...Yes...Yes I agree to all your terms and conditions, Sir."

He smiled.

This is how Dr. Kotwal became my Spiritual guide and my journeys in meditation started.

I had to wait patiently for the day and the most exciting moments of my life, which had something incredible, powerful and magical in store for me. I felt I knew the miracle but still I was intellectually unable to comprehend and verbalize it, not even to myself!

Chapter - Three

My First Spiritual Journey To Maa

Finally the most awaited moment came. It was twilight and the sunset was mystical. The darkness was gradually enveloping the leftovers of red patches in the western sky. The aura of the moon was exceptionally intense. Shilpa, Vikram - my friends, and I were waiting anxiously for our teacher on the rooftop of our Spiritual Research Centre.

"Hi everybody, what a wonderful evening!" The voice of Dr. Kotwal greeted us all.

We were all sitting in a circle on the mats and watching the sky that seemed inviting us for a flight. The night was in full bloom now.

Suddenly to my surprise, Dr. Kotwal said, "Let's cook something nice to eat...?"

"Yes Sir, it's a great idea," Shilpa and Vikram popped, almost together.

Shilpa offered to cook and Vikram volunteered to help, both went downstairs. Dr. Kotwal and I were alone on the rooftop under the clear sky bathing in the moonlight. Dr. Kotwal looked mystical and I could clearly see his strong auric field enveloping his physical presence. I could feel a strong magnetic attraction in his presence. I was watching him as he sat, calm and still, in complete silence with the wind blowing gently.

"Listen carefully," the deep, resonant voice of Dr. Kotwal broke the silence.

"Tonight I am going to share with you the secret Mantra which may take you to **Mata Vaishno Devi's** subtle abode. I have already told you that this mantra was revealed to me directly by the Goddess **Mata Vaishno Devi**. I have been guarding this secret mantra all my life," I was listening attentively.

"Keep your back straight, breathe gently, close your eyes and tell me what you see," He said.

I listened and followed the instructions.

My teacher chanted the Mantra to invoke **Maa** and my body reverberated with this Divine sound. Tears came to my eyes. As I also started to chant the sacred mantra...every cell of my body danced. My body began trembling with ecstasy. I tried opening my eyes but an ocean of bright light blinded me completely. I was losing my sight and after a few moments, there was total blackout. I was blind. I couldn't see anything. After that, I was losing my other senses, the sound of the mantra that I was chanting gradually faded and absolute silence followed. The quality of this silence was very different. I was deaf, there was complete calm, I could feel nothing. **I was dead, but aware. Absolutely Aware!**

A melodious sound woke me up. As I searched for the source of the sound, a strange feeling enveloped me. I was coming out of a heavy cover. I

was feeling weightless. I looked around and saw myself sitting on the mat in front of my teacher who was still chanting the sacred mantra. I was shocked. *"How is it that I am watching my own body? Is it a dream? Am I dead?"* I asked myself a series of questions. As I looked around, I saw the subtle body of my teacher, in the lotus posture, floating in the air above his physical body. My teacher opened his eyes and directed me to sit in the lotus posture as he was sitting, one and a half feet above the ground.

"Now you are the subtle body. Get ready for travelling without your physical body," I heard my teacher say, although, his lips didn't move.

The words of my teacher relaxed me. It was magic. I tried and could sit in the lotus posture too. I was surprised to see myself levitating. I felt a soft touch. It was a halo of soft white light. The space in front of us was being converted into this white soothing halo of light. The halo started to grow in size, took oval form and became very bright. It was difficult to keep my eyes open, suddenly the halo

started to spin vigorously and very soon, the entire surroundings were glowing. I looked around and could see nothing except my teacher. Everything else was covered by the glow and nothing was visible.

Gradually the intensity of the glow decreased and I felt that something strange had happened. I looked around and was amazed to find my teacher and myself in a cave. We were in the Abode of **Maa**. Both my teacher and I were transported to the cave of the **Mata Vaishno Devi**, in a flash.

Now we were standing before the three idols in the cave and the whole cave was filled with a bright transparent light. Everything appeared so special. The sound of the silence was still striking my eardrums and it was very pleasant in the cave. I felt a tingling sensation at my feet. I looked down and saw a stream of milk wetting them and moving on. The milk was cold and I could feel its greasy touch. My sight followed the stream of milk that gradually went to the other end of the cave; striking the uneven floor of the cave on its way, rising at

times only to fall backwards as if trying to come back to the holy idols of **Maa**. I tried to find the source of this small playful stream, but was amazed to discover that it appeared to emerge mysteriously from the huge rock, on which the three idols of the **Mata Vaishno Devi** were resting.

The whole cave was well lit as the three idols of the **Mata Vaishno Devi** were shining like three diamonds. We were bathing in the divine halo. I could feel it softly caressing my body. It was a marvellous sight as every inch of the cave appeared cheerfully welcoming us. Such was the power of the presence of **Maa** that the hard rocks, which formed the floor of the cave, felt like a flowery bed.

In the abode of **Maa**, everything was miraculous. I looked up to see the roof of the cave and for a moment was terrified to see a black snake hanging from the roof. The black snake was glued to the rocks. Many small snakes surrounded it. The huge black snake had many hoods but it looked very calm. For a moment, I was terrified but then realized

that it must be the Divine manifestation of Shesh-Naag.

Although the roof of the cave was very low and one could not stand upright yet miraculously my teacher and I were both standing straight and the roof of the cave had gone further up to make a special space for us. My teacher took a step forward without bending and before I could warn him to be careful of the low roof, there was another miracle. As he stepped forward, the roof of the cave moved up making enough space for him to walk comfortably without bending. My eyes were wide open in awe. Now there was enough space for me also to walk comfortably and join my teacher. I took three steps and stood next to him, facing the three idols of **Maa**.

My teacher told me to bow before **Maa**. I followed him obediently and closed my eyes. I could hear the sound of the bells and the chanting. I opened my eyes and looked around but there were neither any devotees nor any sound. I closed my eyes and the sound of the bells and the devotees chanting

struck my eardrums again. "These sounds are coming from the bells being rung by the devotees of **Maa** on the human plane. The sound of the chanting is coming from all over the world wherever any devotee of **Maa** is remembering Her," I could hear the voice of my teacher although he was just smiling. I realized that he was reading my thoughts and I also could read his.

Suddenly a transparent beam appeared and became denser and brighter. Gradually there was a huge halo of light surrounding the three idols. The halo of ovoid soft white light started to grow bigger in size and as it grew, the cave also grew in size. It became very dense near the idols and slowly the idols started to melt. The idols were melting in the glow; I was watching the miracle quietly.

"The door to **Maa's** subtle Abode is opening," I heard my teacher say.

I looked at the three idols and they dissolved into a huge ball of very bright light. Suddenly that gigantic ball of transparent light started to spin very

fast. I saw a form emerging out of the huge ball of golden-orange light.

"Lord Brahma is coming to bless you," the words of my teacher guided me. The form had become very clear now. Lord Brahma was dancing before me. It was neither a picture nor a statue of Lord Brahma. It was not a human figure of flesh and blood either

I was confused again.

"Lord Brahma has appeared before us in his subtle body," I heard my teacher say.

On hearing the words of my teacher, I realized that we were actually in some subtle dimension of life. The subtle body of Lord Brahma was dancing in the ball of light and changing sizes. At times, it would grow in size and become huge and at times, it would become very small. This divine happening enraptured me.

I looked around and saw the light being converted into space. Air, water, fire and earth were combining and various life forms were coming into

existence. Rocks, plants, small insects were taking form. The whole event was a mind-blowing experience for me.

AUM...AUMMM.....AAUUMMMM... Suddenly my attention was drawn to this sound that was echoing in the ambience. I tried to find out the source of this cosmic sound and was surprised to discover that the pure light from which Lord Brahma had appeared was pulsating and producing the cosmic sound. The subtle body of Lord Brahma suddenly started to change form. A new form was taking birth.

I could now hear the loud '*Naad* of a Conch' echoing in harmony with the cosmic sound OMM.... Gradually the new form was clear. It was Lord Vishnu seated inside a pink lotus. He was smiling. The subtle body of the Lord Vishnu was luminous blue immersed in the pure light of creation. I looked around and saw all the beings in ecstasy. I could see the trees laden with ripened fruits and fragrant flowers blooming. The small insects were growing

in size and number. Everybody looked happy and full of life. Even I was filled with bliss and joy. The moment I closed my eyes to offer prayers to Lord Vishnu I melted in ecstasy.

Dum…Dummm…Duummm…Duummm… Duummm.... Duuummm… this sound kissed my ears and broke the trance. The sound was soft and low. It was a familiar sound; I discovered immediately that it was the sound of the drums.

Dumm...Duuumm...Duummm...Dumm... the sound was becoming louder gradually. I looked in front and the subtle body of Lord Vishnu was giving birth to Lord Shiva who was sitting in a lotus posture with his eyes closed. Lord Shiva was in a deep trance and the third eye on his forehead was closed. His luminous body was smeared with ash, and he was sitting on a golden tiger skin. He was holding a trident in his right hand and the vibrating Damaru in his left. A small river emerged from his hair and his whole body was coiled with snakes, which appeared calm.

"Pay your obeisance to Lord Shiva," I heard the soft voice of my teacher distinct from that of the Damru.

Duumm...Duuumm...Duummm... the sound of the Damru had now become deafening. Suddenly the third eye of Lord Shiva opened; a diamond gaze came out of it like a beam of fire and started destroying all Creation.

It was a horrifying view. I felt as if the fire from Lord Shiva will burn me too, but to my wonder, it didn't even touch me. I didn't even feel the heat of the fire. I looked around and saw that the fire was burning the earth, sky, water and all life.

So many things were happening, but still, it was incredible to see Lord Shiva perfectly still, calm, and unaware, exuberating bliss. Suddenly Lord Shiva rose from his seat and started to dance. It was the tandava- the dance of death; he was dancing like lightning and thunder. The sound DUM... **DUMMMM... DUUMM...** was at its crescendo now. I closed my eyes and prayed for help from Lord

Shiva. In an instant, the sound of the Damru - the drum - stopped and there was complete silence and darkness. I opened my eyes but could see nothing except the darkness.

Chhan…Chhan...Chhan… a soft sound of anklets broke the silence. It was a very sweet sound. This sweet sound started to illuminate the environment and I could see that I was back in the cave and saw the Lords Shiva and Brahma sitting on each side of the Lord Vishnu exactly at the places of the Idols of the **Mata Vaishno Devi**.

The sweet sound was becoming louder and louder and the subtle bodies of the three Gods started to move with the melody. As the subtle bodies were moving, I saw three Deities emerging out of them. These were Saraswati emerging from Lord Brahma, Maha Laxmi emerging from Lord Vishnu and Maha Kali emerging from Lord Shiva. The three deities took their positions on the rock. The three Gods had disappeared totally now and a halo of light was illuminating the whole cave. The sound of the anklets

was still coming and suddenly the three deities dissolved and I saw a small beautiful girl clad in red colour clothes sitting and smiling in place of the three deities on the rock. She was moving her feet and the sound Chann...Channn...Channn... was coming from the anklets she was wearing.

"She is **Mata Vaishno Devi, the wish fulfilling Goddess.** Seek her blessings." The voice of my teacher echoed.

I prayed, "**Maa,** bless and empower me so that I can help people and guide them towards you."

As I was asking for help the small girl again changed into the three Goddesses—Laxmi, Saraswati and Mahakali. Then the three goddesses again merged into the small girl and this kept on happening continuously. I was confused.

"**Maa** is telling you that Laxmi-Kali-Saraswati are her forms and they are one. You are the Blessed One to see this miracle of **Maa,**" the teacher dispelled my confusion again.

I thanked **Maa** for the revelations. I was

feeling privileged and happy. I thought that this was the greatest event that took place in my life. I could see **Mata Vaishno Devi** in Her subtle bodies and could also see Lord Brahma, Lord Vishnu and Lord Mahesh. I was convinced that there could be nothing more interesting and more fulfilling.

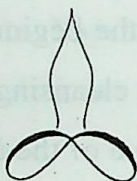
"This is just the beginning of the miracles. More elevating and cleansing experiences are on their way by the grace of the **Mata Vaishno Devi**. Pray to Her," I heard my teacher again.

I folded my hands, bowed before **Mata Vaishno Devi** and prayed to Her for more wisdom.

The chirruping of the birds woke me up. It was twilight still. From twilight to twilight, from sunset to sunrise-it was the beginning of a new day for everybody, but for me, it was the beginning of a whole new life.

Chapter - Four

Contemplating On The Journey

A New Beginning...

There was a strange redness in the sky and I could now see the morning sun softly greeting the sky. I looked around and discovered that I was alone, and had spent the night on the rooftop.

I suddenly realized that I had not gone home last night. *'I need to call my mother, she must be worried.'* I said to myself and got up to roll the mats. My body had become light and I was feeling energized and fresh. It was a lovely morning. I went downstairs trying to recollect what had happened. My thoughts were making me restless. '*Was it a*

dream? Could be. Why did I spend the whole night on the rooftop? When did my teacher leave? Why didn't he tell me to go home? It could not be just a dream; I remember beginning the Dhyan and chanting the sacred mantra... then what happened?'

The whole morning I was quiet, and wondering at all that had happened last night. I decided to meet my teacher and realized it was already afternoon. I was full of excitement and questions. I had something amazing with me but I did not know what it was and how I could use it. I was in a dilemma; whether I should share the incident with my friends or keep it to myself.

I left for my teacher's house in the afternoon. I was walking in the street, lost, and totally unaware of the world around me. I reached his house.

"Good afternoon Sir, how are you?" I said.

"Come on in. I was waiting for you. I am having some fresh guava juice. Would you like to have some?" Dr. Kotwal asked.

"No juice for me... I want answers Sir; my

questions are making me restless."

Dr. Kotwal smiled and said, "I understand your questions. You had a very intense and intoxicating experience last night. The spiritual hangover is still visible on your face."

"How do you know what happened last night?"

"I was with you, wasn't I? I took you there that's how I know it."

"Yes, you were with me but where were we?"

"In the subtle abode of **Maa**..." Dr. Kotwal said.

"Where is it?"

"In you."

"In me? ...I don't understand."

"Keep on doing **Mata Vaishno Devi Dhyan** regularly, experience and understanding will come to you naturally."

"Was…was it real, all that happened that during my meditation or was it my imagination?" I could manage to stammer.

"If you think you are real, if you think that we are real, then it was real too," Dr. Kotwal laughed and started to pour fresh juice into the empty glass.

"Sir, how did it happen?"

"Remember you chanted the sacred mantra of **Maa** while doing **Mata Vaishno Devi Meditation**. With the power of the mantra and the blessings of **Maa** you were in Her subtle abode."

"Oh...yeah... I remember..." I said thoughtfully.

I could see the empty glass becoming full with the juice and taking the colour of the juice. The glass looked very pleasant with the soft pink colour of the guava juice. I realized that I was like the empty glass and the words of my teacher were the juice of wisdom and were filling me gradually. I wanted to be full to the brim.

"This is really interesting, Sir. I am feeling the process of rejuvenation already taking place inside me since I had that amazing experience last night. I did not even feel hungry. But Sir, how does

it work?" I asked my teacher with excitement.

"Discover it yourself." He replied gently, my excitement dissolved in his oceanic calm.

The answer of Dr. Kotwal made me think. I remembered that whenever I was down, sad or restless I would go to him and feel calm and joyful. Not only me but also saints, sadhus, politicians, intellectuals, celebrities, who would come to him would feel the same. Initially I used to wonder, why all these people come to him, what do they want from him? Now I realized that, they come to him to sip the juice of wisdom and taste real peace and happiness.

"Can these Spiritual experiences, like the one I had last evening be proved scientifically?" I asked him.

Dr. Kotwal laughed and said, "All spiritual scientists have proved it, since times immemorial. Present day scientists will also learn to prove it once they become spiritual. **Mata Vaishno Devi** is a complete science in itself."

"Now when I have these experiences during Dhyan, what should I do with them?" I asked him.

"First write them down in your meditation journal then try to understand them. Strive for more! Learn more. Strengthen your desire for spiritual growth and wisdom," He replied.

"Right Sir. I will do this. But my dream is to see places, travel and go to the West. Please help me," I requested him.

"There is nothing in the East or the West, if you have to go somewhere, travel within…and you will discover fascinating worlds, and even East and West. One day you will also travel physically to the West and then you will realize that **journeys in meditation** are always the best," Dr. Kotwal said and took the last sip. The glass was empty again. The soft pink colour of the glass had disappeared. It looked hollow and lifeless but I was feeling light and happy as I was getting my answers.

"Please bless me." I requested my teacher.

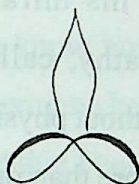
Dr. Kotwal smiled at me and said, "You are

the Blessed One. You will be successful in all your pursuits. **Maa** is on your side. Go ahead...! However, **remember all experiences are just milestones not the destination**. Have fun."

I looked at the bottle of guava juice and the empty glass. Suddenly I had a revelation. I abruptly took the bottle in my hand, poured the juice in the glass, filling it to the brim, and finished it in one go. It was delicious! The revelation was, *'You cannot know the taste of the juice by looking at it—you have to drink it to know how it tastes!'*

I left for our spiritual research centre. This time I was walking, aware, and the quality of the awareness was different. I could see the traffic and the people walking on the street.

Chapter- Five

Journey to the World of Miracles

Even after travelling within to the divine abode of **Maa**, my fascination with travelling physically to the West remained intact. I wanted to go abroad and travel but there was a problem; I had nothing else except the intention, no means to accomplish my mission, and I was convinced that mere intention was not enough to take me across the seas. So I decided to explore the miracle within for it required nothing else except intentions.

The word 'Miracle' was my childhood acquaintance. However, when I stepped in

adulthood, I dismissed even the possibility of the existence of miracles, magic and paranormal phenomena beyond the glazed pages of storybooks and considered them an obstacle to success in life. But later in life, when I met Dr. Kotwal and heard from people about his miraculous powers of clairvoyance, telepathy, calling angel guides, healing, travelling without physical body and ability of being present at more than one place at the same time; my interest in the world of miracles revived. But this evidence was not enough for me to accept their validity. My mind was powerfully conditioned to suspect anything that challenged the rationale I had been cultivating all my life. I still doubted, both, my teacher and the existence of miracles.

Mata Vaishno Devi Meditation was a life changing experience. It forced me to suspect the rationality of my own mind. It shattered all my held opinions and beliefs. It forced me to question the human perceptions of reality, limits and possibility. I felt bad for doubting the powers of my teacher. I

was in a very difficult situation now, since on one hand, this experience had shown me the limitations of my intellect and sensory perceptions and on the other hand, it had opened new fascinating worlds full of endless possibilities and enigmas. I was in a quandary. Although I wanted to explore these new worlds, yet I didn't know how. Months passed by and I saw myself in extreme helplessness, indecision and chaos. I realized that I could not, even, trust my faculties of judgment and discrimination at such an important moment in my life, when I needed them the most.

I decided to seek the help of my teacher and spend more time with him. His company calmed me down and kept on nurturing my fascination for miracles. It was interesting to see how he interacted and helped people. Whenever people came to him, he would know why they had come. I saw people getting whatever they desired in a very short span of time. These trysts with him were life-transforming moments for a multitude of visitors. How poor

became rich; rich became richer and the ignorant became wise by the blessings of Dr. Kotwal was simply amazing. With his mystical powers, he transformed the sick and the depressed into healers. Those who were nervous, negative, hesitant and appranently dumb became confident, positive, bright and brilliant communicators under his guidance. I have also seen some people considered as neurotic, chaotic and mentally sick, become creative writers and poets, by his grace. He transformed many elite socialites into educationists, groomed many spiritual preachers,saints and successful leaders for the welfare of the society. I was myself amongst the innumerable beneficiaries. As I saw the transmutational effect of his teachings on others, even I got transformed.

When people heard of Dr. Kotwal's miraculous powers and the word started to spread, more and more people started coming to him for favours. However, before individuals could become groups and crowds could gather strength, he

suddenly, stopped entertaining such visits. *'Why is he reluctant to meet people? What are these powers? Why has he stopped using them? How can I get these miraculous powers?'* I knew, if I persisted, Dr. Kotwal would bestow me with these most cherished treasures.

So one day, I remember, with all my courage I asked him, "Sir, why have you stopped meeting people? Why are you isolating yourself from the people who come to you?"

He took a pause before answering my question and looked at me amused, "You will not understand it now. One day when you will serve people, you will come to know."

"But, Sir, I want miraculous powers. I find it very exciting and fascinating!" I said.

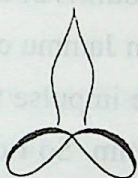
"You are yourself a great miracle. But until you realize it, I will teach you the secrets of miraculous powers. The secrets are not hidden far away. They are within you. You are very close to their source. But once you tap these powers, I advise

you not to use them," He said with his usual mystic charm.

"Why?" I asked confused.

He smiled and walked away.

As promised, Dr. Kotwal revealed to me the secrets of many miraculous practices but I could not understand why he always forbade me to use these powers.

Chapter - Six
Journey Through The Past Lives
Initiation Into The Chakras

It was early morning. It was the end of yet another restless night. Something intense was going on within me for the last few days, ever since I had started a special Pranayam practice taught by my teacher. The last four days, I hadn't slept at all. Nevertheless, I was neither tired nor sleepy. I was bubbling with energy all the time and this spasm of energy was making me restless. *'Time to learn'* I thought. Every time restlessness crossed my way, there was something indispensable to learn. Something incredible was surely on my way and I felt the strong need to meet my teacher and seek guidance.

My teacher had gone to Kud, for a summer retreat. Two very old British style huts surrounded by huge Chinar trees and a small apple orchard, housed at the foot of a mountain overlooking a beautiful valley, form —The Sylvan retreat, our Spiritual Research Centre during summers. Kud is a small village in the foothills of the Himalayas about three hours drive from Jammu city.

I knew that the impulse to meet my teacher was a message from him. So I decided to leave for Kud on a motorbike, for it has always been my preferred mode of commuting through the beautiful mountains. It's a pleasure to feel the touch of the fresh mountain breeze, gazing at the sky, peeping in the deep gorges, admiring the mighty mountains while biking. A light drizzle makes the trip extra special. I have always loved such trips in the mountains right from my childhood.

I was at Kud after a refreshing journey. It was very pleasant at Kud. My teacher was sitting under the cool shade of a very old Chinar tree.

"Hi Sir, am I on time?" I asked with excitement.

"Your time has come," He replied gently.

"I have come to share something strange that is making me restless."

"You don't even know why you are here."

"Why am I here, Sir?"

"You have come here to resume your journey from restlessness to Eternal Peace; from personal to Transpersonal Self."

"I—I didn't get you, Sir."

"Be patient. Look at these mountains, don't they look familiar. They have a message for you," Dr. Kotwal said.

I spent the whole day wandering in the mountains and reflecting on the words of my teacher. I felt as if I had an intimate connection with these mountains—what was this connection? I had no idea. Night followed. It was a pleasant night. Summer nights at Kud have a special flavour. I decided to admire the night sky full of stars. An intense churning was going on within me. I looked at my teacher who was meditating under the chinar tree. He was in a deep trance. I went close to him, sat down gently and closed my eyes. A very strong whirl of vibrations

hit me and I melted with joy. The mellow voice of my teacher broke the silence. "Welcome back. Time has come for you to move on to the next destination. This is the place where you lost your way and mistook a milestone for the final destination."

"I don't understand, Sir...which journey are you talking about and when did I lose my way? Sir, please help me!"

"I am talking about your past life. You were a Yogi on your way to Self Realization in your previous birth. In order to achieve your goal, you started with the advance Kundalini practices that awakened your first four chakras. You did very intense sadhna of **Mata Vaishno Devi** and invoked Her. As a result, you got tremendous powers and started playing with them. You became so much intoxicated by your powers that you were deluded and imagined that there is nothing else to be achieved. These powers clouded your intelligence and you wasted your precious human birth chasing futile pursuits and fascinating people with your wisdom and powers. The more you played with them the more arrogant and restless you grew. One day you became a victim

to your restlessness and left the Human plane. Your restlessness remained your constant companion since you had left the sacred practices half way and misused the powers. However, because of your good Karma, you travelled to many Divine planes of Existence full of all kinds of comforts and luxuries. You couldn't relish these and kept on wandering from one plane to another as none of these planes had the power to liberate you. Your restless soul kept on wandering across space and time in search of the grace of a teacher who could liberate it and finally took birth in human form again.

You couldn't finish your journey and got distracted on the way; this is how you became a Yoga-Brashta. You have this golden chance once again to liberate yourself from the cycle of Life and Death. In this birth, your journey will start from the 'Visuddha Chakra' and the sacred Kundalini Shakti is ready to push you further towards the Supreme destination," As Dr. Kotwal was narrating I was travelling back in time and experienced every word that he said.

"Now what shall I do, Sir?" I asked; stunned.

"Follow my instructions, but before you do that, remember **Mata Vaishno Devi** and request Her to protect you and keep you on the right track. Do Her Dhyan, with the sacred Mahamantra of Maa," Dr. Kotwal said.

I followed the instructions, closed my eyes and started doing **Mata Vaishno Devi Dhyan**. The moment I chanted the sacred Mahamantra of **Maa**, my subtle body came out of my physical body. I was the subtle body now. I was levitating.

"Now close your eyes and do the coloured Pranayams. Start with the red..." I heard my teacher.

The moment I closed my eyes, I was enthralled to see the whole cave bathing in a red halo and its walls mirroring the redness. Our subtle bodies had turned luminous with their each cell sparkling red. There was some burning sensation in my genitals and what I saw almost scared me to death. The portion between the base of the spine and the knees was sliced out neatly by something extremely sharp. A whirl of blood red light was spinning very fast inside it; it was continuously growing in size dissolving my subtle body.

I looked towards my teacher for help and saw a similar whirl of light dissolving his body, layer by layer, but he was smiling. He directed my attention towards the idols of **Maa** and I saw a gigantic whirl of red light enveloping them. As I was wondering at this spectacle, two thick beams of red light emerged from it and I remember one of them hitting, as a whirl of energy at the tail of my spine. It was a moment of ecstasy. The next few moments I was one with pleasure, completely unaware of the miracle that was taking place around me. After I stabilized myself in joy, I discovered that a beam of red light was connecting my teacher and me to the gigantic whirl surrounding the idols. This beam of light appeared like a stream of blood. All of a sudden, this red beam of light started to flicker; Lamm...Lamm...Lammm a pleasant sound began to strike my eardrums. It seemed as if the flickering beams of red light were producing the mantra sound.

It had become extremely difficult for me to focus on the idols, as barely anything was visible. However, I felt something was happening before my eyes; I tried hard to concentrate. I requested **Maa**

for help and to my amazement, at the same moment, the flickering of lights reduced. The gigantic whirl of light surrounding the idols, the smaller whirls in our subtle bodies and the beam of red light connecting us seemed to be crystallizing. The whirling light finally took the form of a red lotus. Now the cave had become fragrant.

The idols of **Maa** were now resting gracefully in a gigantic iridescent crystal emanating red halo. The small red lotus of crystal with four petals was shining brightly. Out of curiosity, I felt like touching the beautiful flower and the moment I touched it; it was hot like a flame. It was not at all solid. I had put my hand in a frozen beam of red light. I looked at the crystal enveloping the idols; it looked solid, but now I knew it was not.

The mantra sound tickling my eardrums, the flickering lights captivating my sense of sight, the red halo softly caressing my body, the intoxicating fragrance from the flowers of light; it was indeed a divine feast of pleasure.

I looked at my teacher to share this moment of privilege and joy. The small crystal of red light

was sparkling in his body; he was smiling. But there was something unusual about the small lotus. I focused and to my amazement, it was blooming; new petals orange in colour were coming out. The flower was growing in size and changing in colour. Lamm...Lamm...this mantra sound also was changing and a new mantra was echoing. It was Vamm...Vamm...Vammm.... Suddenly the whole cave began to shake. I looked at the idols and saw that the gigantic lotus surrounding the idols was vibrating very fast; the next moment there was a whirl of orange light enveloping the idols. There was not even a trace of the red lotus. The orange halo was now illumining the cave of **Maa.** I felt a tingling in my navel and discovered the whirl of orange light dissolving my body. Strangely, it was not at all painful. The orange halo in the cave was becoming brighter and I could sense it turning yellow. The interesting thing was; the halo was turning yellow and the mantra sound was also changing. There was definitely a subtle connection between the light and the sound. The whirls of light again froze taking the form of the lotus flower; they had grown in size but

they were orange in colour.

The play of **Maa** had gripped me totally. The orange lotus turned yellow and the mantra sound graduated into Ramm...Ramm...Ramm. The cave was bathing in the tones of yellow. The cave was set ablaze by the mystical fire. I could feel the mystical heat cleansing me. The yellow lotus was growing new petals that were green. Gradually the gigantic lotus again turned into a whirl of green light. This time the whirl was exceptionally bright. The cave of the **Maa** was decorated with the shades of green. A new mantra sound had already taken over. It was Yamm... Yammm...Yammm... Yammm... Yammm. It was creating ripples in the sea green placid lake of light. My heart was now beating on the rhythm of the mantra sound. The sound was becoming louder and I felt that my heart would explode. Things were happening too fast. Nothing was in my control. Some power was operating my whole Being. I was just a witness.

Gradually the mantra sound faded and a deafening silence took over. The green colour dissolved into darkness. Nothing was visible. I

became restless and searched for my teacher.

His voice broke the silence "*You just had a flash of your journey through the first four chakras that were awakened by your Kundalini practices in your previous birth. Through these moments of restlessness, you are freeing yourself from the Karma that you earned while loitering in the dark jungles of ignorance. Even the most devoted and the wisest Spiritual seekers lose their way in this darkness. Request* **Maa Vaishno Devi**, *only with Her blessings will wisdom dawn upon you and you will be able to start your journey to the next milestone.*" There was silence again.

A melodious sound broke the silence ...Hamm...Haamm...Haaamm...It was a new mantra. After some time I felt a tingling in my throat. It took me a while to see clearly, what was happening to my body. I saw four iridescent flowers decorating my body. A red lotus exactly at my genitals, an orange lotus at my navel, a yellow lotus at my solar- plexus, a green lotus at my heart and a blue lotus at my throat. Each one of them was producing a sharp ring of light of the colour that was surrounding my subtle body.

My whole body below my throat was gone and so was my teacher's body. There was a lake of blue light and I felt as if I was floating on it. The roof of the cave was like a clear blue sky.

A very beautiful lotus emanating a blue halo surrounded the idols. It looked special. The lotus was gigantic and three idols had turned white and looked like a white drop in the middle of this huge sapphire lotus. I again heard my teacher, *"Now the Shakti of* ***Maa*** *is energizing the* ***Vishuddhi*** *Chakra. It is also known as the purification centre. The* ***Sanskrit word shuddhi means 'to purify.'*** *It is the fifth energy centre of the subtle body. Purification of your mind, bodies and emotions is taking place in this energy centre. This Chakra forms the basis of the* ***Vigyanamaya Kosh- the dimension of wisdom that*** *initiates the psychic development. I am also going to reveal the secret wish fulfilment symbols and the technique. You are now prepared to grasp it as you have entered the Spiritual plane. This plane operates your etheric template body. You can understand the subtleties of time and space when this Chakra is fully energized. You can even read*

thoughts and emotions of others if you wish to. This energy centre helps you to grasp the means required for uncovering the truth. This Chakra is situated in the pit of your throat in the subtle body. Here energy is vibrating at a particular frequency creating the colour Blue and the sound 'Hamm.... You must request ***Maa*** *to take you further to the higher dimensions of existence."*

A complete black out followed. I opened my eyes gently. The Chinar tree was still there but my teacher wasn't. Birds were chirruping and it was a fresh morning. I remembered everything that I had gone through.

I stood up mystified; it was indeed a thrilling and a miraculous journey, within...Now I had the means to accomplish my journeys in the world, outside. I remembered vividly the Wish Fulfilment Technique and its symbols....

Chapter – Seven

Meditating For A Journey The Wish Fulfilment Technique

It was late evening. Everything was dark; a gentle breeze was carrying the fragrance of the wild flowers as I was sitting on the stairs of an old temple situated on the bank of the river Tawi on the outskirts of Jammu city. The river was meandering lazily and its water glistening at times in the moonlight; I had just finished my meditation and I was thinking. *'How easy and comfortable my life has become. I was an ordinary man who was afraid to face problems, who was told that in life difficulties are bound to be there,*

who was not trained by the world to combat suffering and pain. Now there seem to be no more problems. I feel like a privileged person with skills, abilities, and resources but with no unmet needs, and no goals to be achieved. I am satisfied, happy, and perfectly peaceful. I am spiritually enlightened and have extraordinary powers. People around me are envious of my life style, they can't digest and believe that I am living—a beautiful and a joyful life. For the first time in my life, I have no unfulfilled desire... I have no desires... Why do people have desires?'

As I was thinking on this train, suddenly, my peace and calm were shattered in an instant. I had a very strong desire to see Europe. This desire came from nowhere, along with the desire came a thought why not try the Wish Fulfilment Technique. At the same time, I also remembered that while teaching me the technique, my teacher had warned me, *"Wishing is futile, so wish to have no wish. However, if you don't understand it, then keep on wishing until you realize the futility of wishing for anything."*

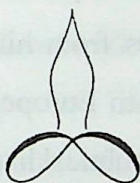
I decided not to wish for anything, but old habits die hard! I closed my eyes and sat in the Siddhaasana. I took a deep breath, remembered **Maa** and my teacher, and visualized the secret Wish Fulfilling Symbol. I wished strongly for an invitation to Europe.

Twenty minutes had passed by; the practice was over. I thought nothing would happen and nothing miraculous happened, but the session was refreshing. My mind was perfectly clear of the thoughts now. It was calm, both within me and outside. I was in bliss.

"Who are you? What are you doing here?" These words broke the silence. It was the temple priest accompanied by a watchman. They were staring at me, suspiciously.

"Well...nothing really, I am leaving," I replied. I knew it was time for me to leave.

I quietly got up and left for my place.

Chapter - Eight
Journey Into The Cosmic Cave Of Maa

The next day, the desire to travel to Europe had become more intense. There was no hope of it materialising in any way. Restless, I went to my teacher.

"Sir, I have a very strong desire to travel to Europe. I tried the Wish Fulfilment Technique as you taught me. How long will it take for my wish to be fulfilled?"

"It will take as long as it takes. **Maa** Herself fixes the timing. She only knows when.... Until the time your wish is fulfilled, why don't you learn to

travel without physical body? It is far more comfortable, quicker and exciting," My teacher suggested.

Since I knew, my teacher was adept in travelling astrally and had already taken me along on astral journeys, a couple of times, so I learnt a few basic techniques from him. Every evening I would try travelling to Europe, astrally. But, as in the physical so in the subtle, I hardly had any success. Many a times I felt my subtle body move out of my physical, but it wouldn't travel far. There were times when I felt I was travelling astrally to Europe but invariably my flights would be disrupted by a knock at the door or a call from my brother or my mother. And I would always blame them for my failures in travelling astrally.

Although my attempts of flying astrally to Europe failed miserably, yet I remember vividly, a very surrealistic experience during one of these attempts, which more than compensated for all my failures.

It was one of those nasty evenings, when I was severely miserable; I went inside my room and decided trying, one more time, an astral flight to Europe. I remembered my teacher and instantaneously he appeared, from nowhere, and stood in the space before me.

He held my hand and we jumped. In a flash, we flew over Jammu city, Trikuta hills and reached our spiritual retreat at Kud; we were now standing on the top of the mountains, overlooking the whole valley; the view was fabulous. Then we started to fly again, the next moment, we glided past the pilgrims who were chanting and slowly making their way up the serpentine track to **Mata Vaishno Devi**. We entered the cave of **Maa**, the cave started to expand very fast, it grew bigger and brighter, it's roof disappeared in the sky; I could no longer see it's walls, they had dissolved into the space; soft white clouds had formed the floor of the cave; I realized, we were flying in the sky. It was getting crazy and weird. Suddenly, we stopped flying and

just stood, hanging in the sky. Now things started floating past us, slowly, leisurely, like boats in a lake; I could see my entire town, Jammu, float past us, Kashmir, Chandigarh, Delhi, Mumbai followed; I was watching, stunned. Exotic cities, rivers, deserts, mammoth mountains and vast valleys floated past us. I gazed at this strange spectacle, dazed. I saw many amazing sites, but one thing that I was hoping to see desperately, but didn't see, was Europe; I couldn't see Europe.

Things started becoming crazier.

We took another step and leapt above the clouds in space racing towards some unknown destination. In a moment; we crossed stars, suns, galaxies, flew past burning meteors, saw blasts of energy all around us, stars coming into being, massive whirling spirals of energy swallowing thousands of suns; we kept on flying. We were entering a new dimension of life every moment; I saw many great saints, Buddhas of various times; people who had died were alive in these worlds; I

saw the Chinese, the Mughals, the Mongols, the Huns and creatures of unknown origins. I saw massive armies fighting each other; it was fascinating seeing people from ancient times and future generations with ultra modern machines and robots. I was enjoying every bit of my journey, all of a sudden, my teacher gave me a gentle push and we stopped. I looked around in marvel but what I saw almost choked me to death; the stars, planets, burning meteors, huge rocks, and balls of fire, were racing towards me, menacingly, with great speed and ferocity. All the armies, spirits, saints, Buddhas, ghosts, robots, and people of future generations were screaming aggressively and pouncing on me...it was a sudden, surprise attack; I clenched my eyes trembling with fear and chanted the Mahamantra of **Maa**. Few moments passed by, nothing happened, there was absolute calm; I opened my eyes fearfully. I was in the cave of **Maa**; stars, suns, armies, spirits, saints, the whole universe had crystallized into the cave of **Maa**; I could hear the bells ringing and

devotees chanting; the idols of **Maa** were luminous, I bowed.

The next afternoon, I was with my teacher; he asked me, "How was your journey to the cosmic cave of **Maa**?"

"Incredible! Unbelievable! I don't really know how to describe it, but Sir, Why do my astral journeys always go wrong, and why can't I make it to Europe?"

"Europe was also inside the cosmic cave of Maa but you didn't notice it, may be, next time...keep trying," Dr. Kotwal laughed.

Days passed quickly. I continued trying astral travelling with more interest and enthusiasm now. However, it was not working. I was still longing for a trip to Europe and it had become an inexplicable obsession.

It was a month after I had used the Wish Fulfilment Technique that while I was attempting an astral journey to Europe, knocks at the door brought me back quickly to my room. It was my

mother, as usual.

"Maruti, these are a few packets for you," She said.

I opened the packets. My eyes sparkled in disbelief, "I have been invited to Europe," I shouted joyfully. It was an invitation. It was unbelievable. The Wish Fulfilling Technique had worked. It was more than what I had wished for….

My mother was smiling, "So you are going to Europe now, I hope not with your astral body like always." She always joked about my astral journeys.

"Yes, I'm going but with my physical body this time," I laughed.

The same afternoon, I broke the news to my group. Dr. Kotwal also arrived at the Centre and the whole group greeted him.

Shilpa said with excitement, "Sir, Maruti is going to Europe."

"Sir, you know it's a miracle. Last month I practiced the Wish Fulfilling Technique and this is what I had wished for," I said.

Dr. Kotwal replied spontaneously with a smile, "The blessings of **Mata Vaishno Devi** will take you wherever you want to go. You think it's a miracle, but it's nothing.. It's very simple, you will get whatever you wish for…you wanted to go, now go and fulfil your desires. It will be a learning experience for you. This trip is going to be very special for you..."

I felt relieved, "Thank you Sir, for reassuring me. Why don't you also accompany?"

"I will be there with you, I promise," Dr. Kotwal laughed.

His words were special. I knew that since he has promised, he is going to be there with me. Now the trip was surely special.

"Any final instruction Sir!" I looked at Dr. Kotwal.

"Two instructions...First, **it doesn't matter what goes in, all that matters is what comes out**... Second, **whatever appears is not true and whatever disappears is a lie**... Always remember

these two instructions and you will never be in any trouble. All the best!"

[After this invitation -over the years- I made several journeys to Europe. My teacher always accompanied me wherever I went. A brief account of my Spiritual experiences during these journeys is recorded in some of the next chapters.]

the last so many years. I felt intense desolation upon realizing the truth of my illusions. I didn't know what to do.

I was miserable. But life has its own strange ways of teaching; a trip to Mauthausen- a concentration camp used by Hitler during the Second World War to torture prisoners, was my next destination. The moment I stepped into the camp, I was shocked. I saw the auric bodies of the people being tortured brutally, women and children being treated mercilessly. People bleeding and screaming for help…bodies nailed to the wooden planks. Tears came to my eyes, the moment I went inside the gas chamber, where decades ago thousands of prisoners were poisoned to death. The place was full of restlessness and negative vibrations. I was shattered by the extreme brutality that I saw in Mauthausen. The flashes of the camp started haunting me. It was real torture and pain. *'There is nothing in the East or the West, if you have to go somewhere, travel within…and you will discover fascinating worlds,*

and even East and West. One day you will also travel physically to the West and then you will realize that ***journeys in meditation*** *are always the best'* the words of my teacher were echoing in my mind. Now I realized why my teacher always told me to be careful about wishing. I was feeling sorry for myself, for whenever I didn't listen to my teacher, life taught me the hard way.

I was back in Vienna. Somebody had told me a quaint story about **Stephansdom-** a cathedral; that if you are looking for someone in Vienna, get a cup of coffee and find a table at one of the outdoor cafes in Stephenplatz, eventually the person you are looking for will walk by. Upon reaching Vienna, I went right away to the famous street Stphenplatz and saw the grand **Stephansdom.** It is the largest cathedral in Austria and the second largest in Europe. This is the place where Mozart- the famous musician- was married and where his funeral was also held. I was thinking of my teacher and **Maa** while I was sipping coffee, nothing happened.

But when I was inside the cathedral, I felt that it had something special for me. As I was wandering through the Cathedral admiring its intricate architecture and grandeur, my attention was drawn towards an exquisite statue of **Mother Mary** holding in her lap the child **Christ**; **Mother Mary**, a perfect picture of love and compassion and the Child **Christ** full of innocence and joy. I kept on admiring the statue and it had a very soothing effect on me, I felt calm and peaceful. It was very quiet. I was experiencing deep joy after a long time.

It was at this moment that I witnessed an amazing miracle. While I was watching the statue of **Mother Mary** with the child **Christ**, it started animating powerfully as if trying to say something to me. I was wonderstruck by this phenomenon, I rubbed my eyes but the statue continued to animate more and more until it became alive. I was hypnotized. The presence of the **Mother Mary** was becoming more and more luminous. Finally, it became one with the luminosity. Only pure light was

visible. As I watched transfixed, a new form started emerging hazily in this light. I waited breathlessly for the new form to be clear. I was stunned because what appeared from this light was not **Mother Mary** but **Maa- Maa Vaishno Devi**. It was incredible!

But more incredible than the appearance of **Maa** was the fact that in Her lap I saw the infant **Jesus Christ** playing innocently and joyfully. It was an awesome experience. My heart shuddered with disbelief. The forms started to change. I kept watching them change again- it was **Mother Mary**...then it was **Maa**...then it was **Mother Mary**...the forms continued to flip-flop till I could bear them no longer. It was happening so fast that I sat where I was standing; confused. It was then that I heard my teacher's voice:

Form and name
Will always change,
This is the Divine game,
The essence is always the same.

Maruti Inside St. Stephens Cathedral, Vienna 2002

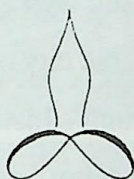
Hail Maa...! Hail Mary...!

Maruti at a small village on his way to Mauthausen, Austria

Maruti at a memorial in Mauthausen (A Concentration camp for prisoners), Austria

I now understood this miracle. I again stood up and in front of me was the statue of **Mother Mary** with the child **Christ** in her lap. I bowed and walked out of the Cathedral.

Chapter - Ten

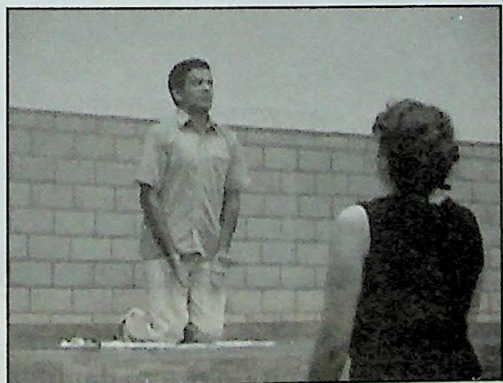
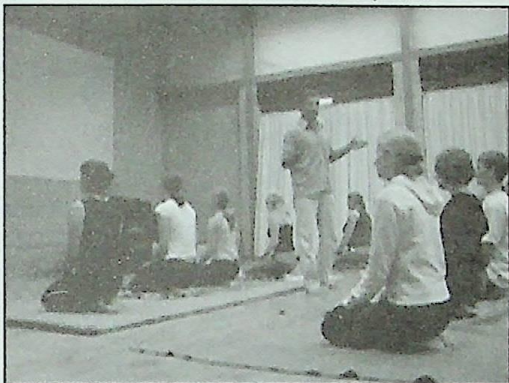
Journeys to Switzerland

It was July 2003. Shilpa and I were invited to Switzerland for an International workshop. She was excited about her first trip to Switzerland and I was looking forward to helping people. We were at the Zurich airport after a comfortable journey. Our friend Gregor Muller received us at the airport and we drove to the old part of Zurich.

Zurich is a beautiful city. It was a feast for our eyes. Houses decorated with colourful flowers, narrow avenues paved with centuries old stones, striking architecture, beautiful birds flying over the

river and the lake. Cycling around the lakeside of Zurich, relishing the sun drenched alpine pastures and feasting on the beautiful parks; afternoons sunbathing; contemplations in the evenings; enjoying typical Swiss cuisine; Zurich always gave us a feeling of holistic well being. We got a chance to visit Rapperswil, the city of roses and the famous psychologist Carl Jung's Institute on the lakeside of Zurich. During my stay in Zurich, I studied the complete works of Jung and came to know how Jung was drawn towards Eastern Mysticism. Gregor also took us to Uetliberg — the top of Zurich. It offers an imposing view extending over the town and across the lake all the way to the Alps. From here, Zurich looked like a city painted with shades of blue, orange and green.

Meditation Camp at Notwill

We left for Notwill. It was an hour's drive away from Zurich. It is a small village with a

Maruti conducting meditation camp at Notwill, Switzerland, 2003

Maruti, Shilpa and Gregor at Uetliberg(Zurich top) Switzerland.

Sabina with my Spiritual Guide, Dr. Kotwal, at our Spiritual Research Centre in Jammu.

beautiful lake. We stayed in a very comfortable hotel called Sempacche Seminar that was very close to the lake. There I had to conduct a meditation camp with an international audience. It was a special experience. I was nervous, as it was my first time with such a huge and diverse group. I told Shilpa to join the participants so that she could point out the flaws later. I remembered **Maa** and started the session. The moment I began, a halo of bright light appeared in space above the participants. In the halo, I saw my teacher smiling. Along with my teacher were the natural idols of **Maa**. A beam of transparent light emerged from this halo and struck me on my forehead; I was in a trance. Whatever followed was a miracle, how I conducted the session; I was completely unaware. It was only after the session that I regained my senses. There was silence in the hall. I looked at Shilpa; she was also in a deep trance like many other participants. I was feeling very light as if some mystical power had purified my whole Being. To get a feedback of the participants, I

requested them to talk about their experiences. I was surprised to hear that most of them had some kind of a mystical experience during the meditation, and all of them felt deeply relaxed because of the meditation. I thanked everybody for giving me a chance to interact with them, for I knew that I hadn't done anything and it was all the play of **Maa**. I never had the power to heal so many people; I was an ordinary person.

Sabina

Sabina, a Swiss girl from Basel, studying medicine was also one of the participants. We became good friends. Though she liked the meditation, yet she was not really interested in meditations and spirituality. Later, she came to our spiritual centre in India and liked it very much. Even after staying with me for a month in India, she never showed much inclination towards meditations. She travelled around and finally went back to

Switzerland. A few months later, she wrote me a mail about her plan of visit us again. I felt that there was surely something special about her coming back to visit us.

She came back to us, almost after a year, but again for travelling and not for meditations. I was a little disappointed to discover that she had come again just for travelling. She stayed with us for a few days and interacted with my teacher. These interactions changed her immensely. I saw her being transformed and before leaving she told me that she would like to start a meditation centre in Switzerland to help people there.

The trip to Switzerland was a revelation for both — Shilpa and me. Besides realizing that joy is neither in the place nor in being together, we also discovered the powerful healing and harmonizing effect of **Mata Vaishno Devi Meditation** on others. We came back to India, restless. It was a restlessness in pursuit of tranquillity.

Journey to Switzerland, 2004

It was July 2004. I was back in Switzerland. This time I was invited to conduct a Meditation and Stress Management Workshop for international participants.

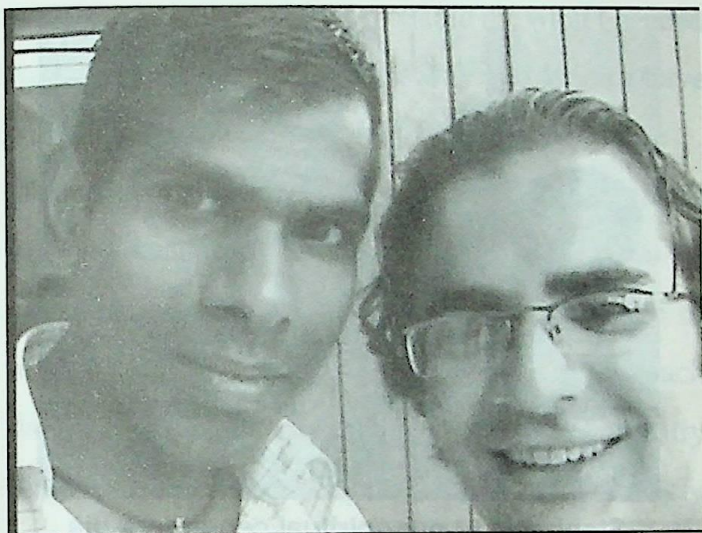
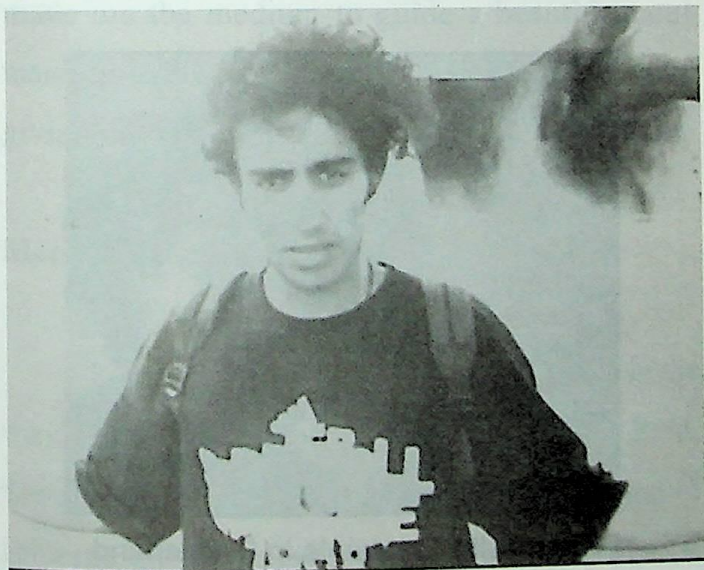
I was talking a stroll beside the lake of Zurich. It was a familiar morning; the new sun sparkled freshness on the water of the lake. Half a mile from the shore a steamship on its way to Rapperswil spurned water and moved on, leaving the buoys dancing on the waves. The lakeside was crowded with the countless thoughts embodied in the very few people who were physically present. The space reminded me of my walks, contemplations and talks, on the lakeside with Shilpa. The stay in Zurich was very comfortable. I was quite familiar with the city. The city had not changed at all. It was still beautiful.

Meeting Shaleen

One afternoon in Zurich, while I was in a bookstore exploring the parapsychology section, a stranger asked me, "Hey do you know any book on astral travel?"

I looked at this strange looking stranger. He was a guy in his late teens, wearing Bermudas, holding a bottle of orange juice and a book on quantum physics. He had a freaky haircut with every strand of hair shooting in different direction. He was Shaleen who was interested in astral travel, meditations, India, music, paintings anything oriental....

Shaleen was a very nice person and he helped me in my interactions with the local people who didn't know English. I really liked Shaleen for his intensity and curiosity. He was a gifted person. By the grace of **Maa**, I could initiate him into the basic steps of the **Mata Vaishno Devi Meditation**. When I asked him how he felt, he said:

"I understand it's an issue of higher learning and higher presence and I'm experiencing a lot of things right now, that are contributing to my future and to my mission in life and I must thank you very much 'Maruti' that you pointed out that basically there's a lot in this visual world which we cannot see. There's more than just being here; there's more to this hand... this is biological material. There are particles all around us and there's more to these particles. I felt something. When you told me to sit down and to sit straight and open my hands, I felt an energy flow through my whole body, through my nerves and through the entire biological, bioelectrical system of my body. That it is one with the outside so there's more to spiritual connection between human beings and spiritual connection between the outside worlds; between the worlds, we cannot see. I got something from you; you gave me something that I have now. It is a form of knowledge, a feeling. You have helped me realize that there's something in me already. You have initiated it. Now I can help other

Maruti and the Srilankan guy

Shaleen

Stephanie at our spiritual center in India

Maruti with Stephanie in Switzerland

people to help themselves. You told me what I needed to know. You showed me the way and I don't have to find it with other people, other things."

I recorded this feedback in my video camera and watch this recording time and again to experience and relive the moment. This is one of my most cherished feedbacks. The intensity that each word of Shaleen reflected, specially his body language, and the way he said it, touches me deeply every time I see the recording. I feel great for **Maa** made me the medium to guide a beautiful soul, manifest in the form of Shaleen. I thank Shaleen for giving me a chance to purify myself and move on.

Meeting Stephanie

Lucerne though a small town, has much in the way of culture to be proud of. Picasso, Erni, Toscanini; resounding names are as much a part of Lucerne as the latest movies, the oldest glacial discoveries, exciting sports events, relaxing theatre

evenings, loud carnival folklore, muted tones in the concert halls and the lively museums. From dirty Thursday to the Ash Wednesday, the city becomes a mad inferno. I went on a day's journey to Mt. Pilatus, which was an exceptional experience. Pilatus is extraordinary: at times mystical and reflective and then exciting and adventurous but always an unforgettable experience. The beginning of the trail at the summit is partly paved and the rest is left natural. I travelled by the nostalgic lake steamship from Lucerne to Alpnachstad and then with the world's steepest cogwheel railway to Pilatus Kulm (7000ft.) It was an enthralling experience with unspoilt nature.

Lucerne too had something really special for me. It was my meeting Stephanie. When I met her for the first time, she was interested in meditations. She wanted me to guide her through Eastern Mysticism. Strangely, she was fascinated by my astral visitations and felt jolted by powerful energy in my presence; we had feelings of our having met each

other in earlier lives. It was incredible. Her fascination and desire to grow into wisdom brought her to our Spiritual Research Centre in India. At our centre, she had intense interactions with my teacher. One day when I saw both Stephanie and Shilpa interacting with my teacher, I was amazed. It was interesting to see that how a girl from the West, Stephanie, comes to India in search of Eternal joy and on the other hand a girl of the same age, Shilpa, from the East goes to West in search of pleasures and a great life. Both meet in a small city in the foothills of Himalayas-Jammu, and ultimately try to find their answers with my teacher.

Stephanie is now learning meditations and wants to be a meditation teacher.

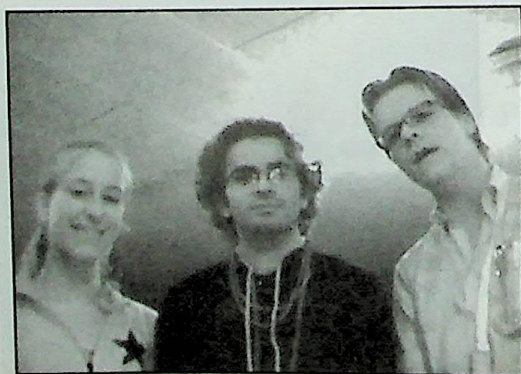
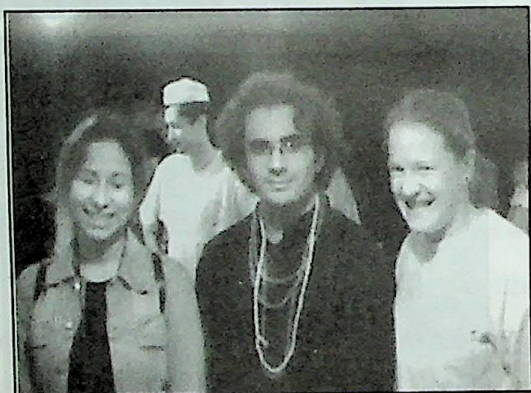
Meeting the Srilankan Guy

The lakeside of Geneva can influence anybody. It has a marvellous energy. I loved to spend hours in the shade of chestnut trees admiring the

enchanting ambience. At the end of the day, I would always be ready to relax and take a walk on the promenade. Every evening after the walk, I would spend a few hours in a café admiring the beautiful lake. One evening while I was sitting there, I met a very interesting man from Srilanka. He was interested in personal growth and wanted to help people in Switzerland. By the grace of Maa, I could teach him a basic meditation. The experience cleansed both of us. I told him about **Mata Vaishno Devi** and Her powers. He told me that he would like to come to us in India and learn more. He insisted that I should stay back in Switzerland with him and help people there. I told him politely, that it was not I, who had the ability to help anyone; it was all the grace of **Maa**.

He took me to many beautiful places in Switzerland and even offered me the use his retreats in Croatia, Italy, England and Switzerland for opening Spiritual centres. It was an unbelievable offer. I had done nothing but everything that I had

Maruti conducting meditation camp at Flumesberg, Switzerland

Maruti withparticipants from different countries

ever dreamt of and imagined at different points of time in my life was coming my way so easily. It was simply incredible.

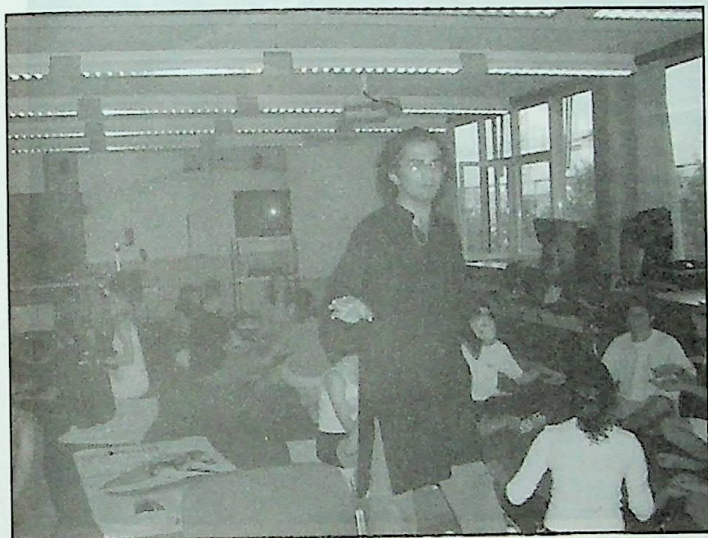
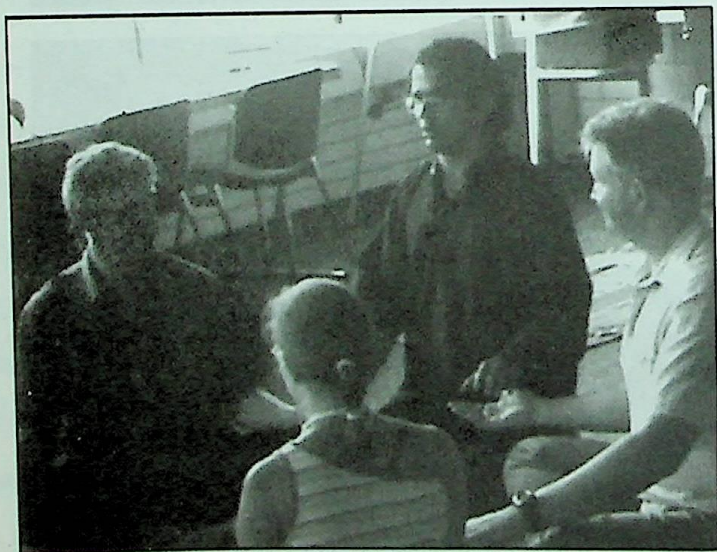
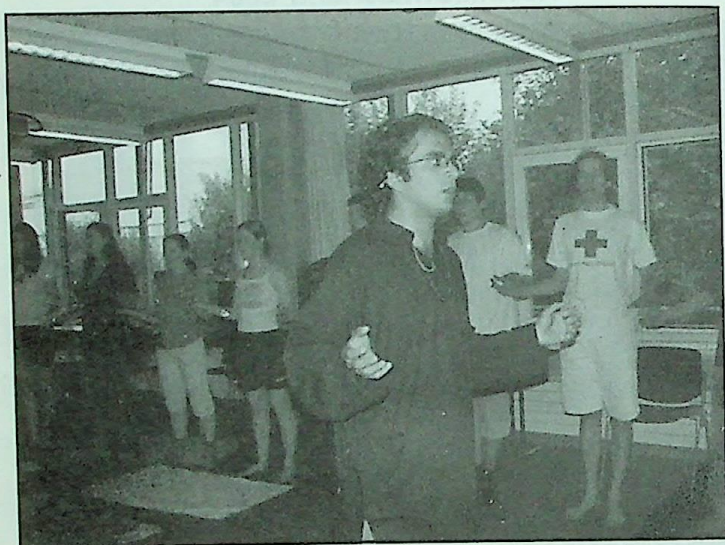
Meditation and Stress Management camp at Flumesberg

I had to conduct a Stress Management Camp at Flumesberg, a beautiful retreat in the mountains. It took me an hour by car from Zurich to reach the retreat. Flumesberg draws its special charm from the chalet style buildings; colourful hotels that give it the genuineness of a large alpine village nestled harmoniously in its natural setting. It is also famous for a skiing school for the beginners. Here I found everything, vital to my physical, mental and spiritual well being. Modern infrastructure, comfortable accommodation, healthy food, vibrant atmosphere and perfect weather, this place was indeed my call for an intense meditation experience.

At night, I went to the conference hall of the

hotel and sat on a cushion on the polished wooden floor. The lights were dim. I remembered my teacher, closed my eyes and did **Mata Vaishno Devi Meditation.**

The following morning was a personal camp with a very limited number of participants. The people in this camp had no idea about the **Maa Vaishno Devi.** They had not even heard of Her. However, I was sure that **Maa** would take care of them too. I just had to invoke Her powers. Whatever name people might give Her, it does not matter. The mother always loves Her children whether the children are aware of Her or not. I taught them the basic steps of **Mata Vaishno Devi Meditation and Shakti Healing** and with the grace of **Maa** they felt happy and free from stress. They wanted to learn more and insisted that I should stay with them for some more time. Nevertheless, I had to move on. I thanked them for giving me a chance to serve them and left.

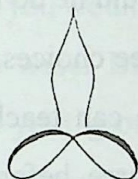
Maruti conducting International Stress Management and Meditation Camp, Notwill,Switzerland 2004

Maruti conducting International Stress Management and Meditation Camp, Notwill,Switzerland 2004

Meditation Camp at Notwill, 2004

A few days later, I had to conduct another Meditation and Stress Management camp at Notwill. Around hundred participants from all over the world were there. I had earlier taught meditations to even bigger and diverse groups successfully but every time it is a special experience. I was excited about the event as I was going to be an instrument to help so many people. My experience was miraculous. The play of the energies of **Maa** was so visible and tangible to everybody. Even participants who had closed minds and were indifferent to meditations couldn't help wondering at the miracle of healing that took place during the sessions. I was always connected to my teacher and **Maa** throughout, I could see and feel their presence that was always reassuring.

The workshop was a success. Some participants got the solutions to their problems, some people were cured of their diseases and for some of

them it was surreal experience. I video recorded the feedback of the participants and thanked them for giving me the chance to help them.

The trip turned out to be a fantastic learning experience. I was inflated with my repeated successes. I was keen to be back with my friends so that I could talk about my achievements.

Chapter- Eleven
Journey Into Crisis

As soon as I reached my hometown I went to meet my teacher and narrated to him my experiences during my journeys. He was not at all fascinated with my achievements, but I was happy with what I knew and what I could do. I didn't even ask him for any guidance.

One evening while we were at our Spiritual Research Centre, I was boasting about my success in the West and all my friends were listening enviously with their eyes wide open. I was flaunting myself to the best of my abilities with nicely

decorated success stories. While we were talking, Dr. Kotwal came and asked, "What's up?"

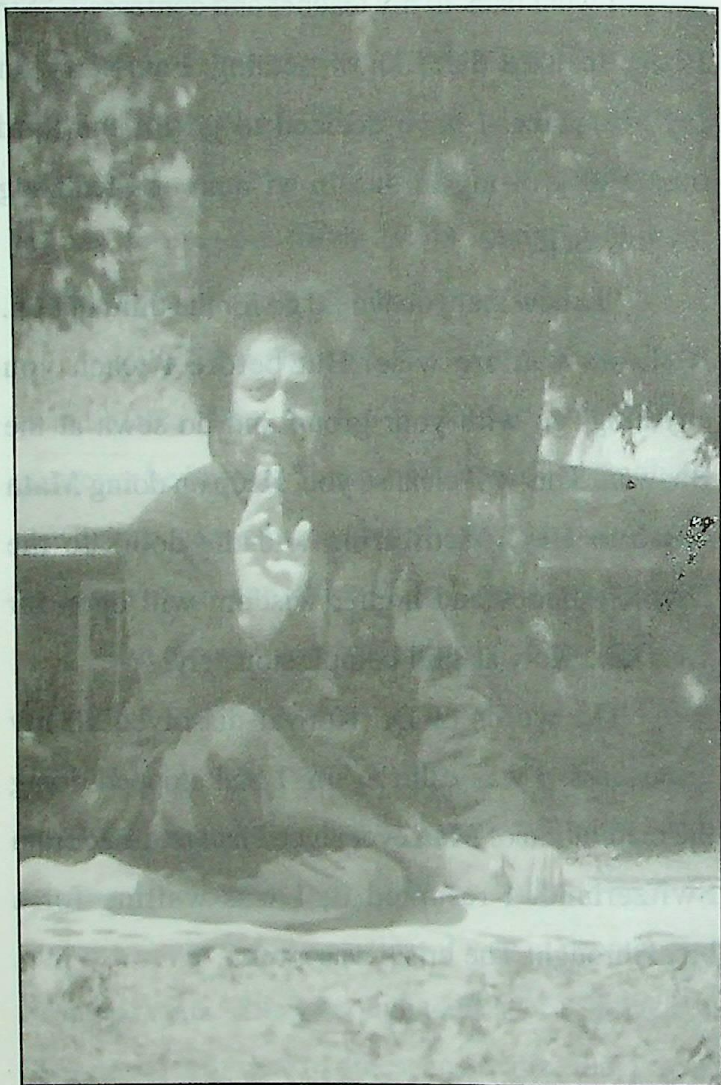
Shilpa replied, "Sir, Maruti has done so well in the west. He is telling us about his success in helping the people there. He is finding life a bit boring here. What should he do now?"

"Maruti has three choices. One, he can keep on boasting. Two, he can teach and write about whatever he knows. Three, before he does anything else he can learn advanced meditations to know that he doesn't know anything," Dr. Kotwal replied.

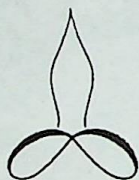
The entire group was stunned. There was pin drop silence. Everybody was looking at me. I was shattered. My ego was blown off its roots. I didn't know where to look, what to do or what to say. The words of my teacher hit me like a bullet. Sleepless nights followed, I was restless. I was in deep crisis. I was sure that I knew enough to be successful and it took me a lot of time to digest and realize that I must know more. It took me a fortnight to realise my stupidity. Finally, I zeroed down to the third option.

I went back to my teacher and confessed, "Sir, I have realized that I know nothing. I am sorry for my arrogance. I have decided to go for the third option of growing further in wisdom and realizing my true Self."

"I knew that you would go for the third option. It shows you are wise. But before I teach you anything, go with your group and do sewa at the Bhawan. This will cleanse you. Keep on doing **Mata Vaishno Devi Meditation** and the doors to the Divine Abodes and higher wisdom will open for you," Dr. Kotwal said compassionately.

The words of Dr. Kotwal dissolved all my uneasiness. I was calm again. I had stopped doing the meditation of **Maa** ever since I had returned from Switzerland. I resumed it; I was waiting for a breakthrough. The crisis was over.

Dr. Ajay Kotwal showering his blessings

Dr. Ajay Kotwal playing with Cosmic Energy

Chapter – Twelve
Journey For Humility
Cleansing Myself Healing Others

The Bhawan was packed with devotees. I was wondering at the miracle taking place before my eyes and thinking, '*A stretch of fourteen kilometres steep serpentine trek, which at times becomes dangerous due to unexpected rains and landslides leads to the* ***Mata Vaishno Devi Shrine*** *at 5,300 feet above sea level. This difficult trek fails to shake the determination of the devotees who come here frequently, full of hope from all over the world to*

seek the blessings of ***Mata Vaishno Devi****. Located in the north of India,* ***Mata Vaishno Devi Shrine****, in the lap of Trikuta hills is open for the devotees night and day. For hundreds of years, this place has stood tall as a testimony to unparallel devotion, faith and miracles.'*

For cleansing myself of my ego, as instructed by my teacher, I had gone there with a group of my friends to do a free **Mata Vaishno Devi Meditation and Healing Camp**.

A Memorable Incident

As we were healing, I saw a group of celebrities passing by. A young lady from the group came to me and asked inquisitively, "What are you people doing here?"

"We are teaching **Mata Vaishno Devi Meditation and also doing Mata Vaishno Devi Shakti Healing**," I replied.

"**Mata Vaishno Devi Meditation?** I have

never heard of it... I have heard of **Maa**'s Jagrans, Pooja, Aarti, Devotional songs but **Mata Vaishno Devi Meditation** is something which I am unaware of..." She said incredulously.

"That's obvious, how could you? The Meditation of **Maa** is a secret with us," I said.

"What is this Meditation all about?" She asked with curiosity.

"It's a simple method to interact with **Maa** and stay with her all the time. It's about going on a Spiritual inner journey to the Divine Abodes of **Maa** and discover Her within yourself."

"Oh. Really..."

"Yeah!"

"Is it possible to stay with **Maa** and interact with her anytime, anywhere?"

"Hundred percent," I assured her. "**Mata Vaishno Devi Dhyan** is an incredibly powerful tool to get in touch with **Maa** quickly and share with her all your problems, desires and wishes," I added.

"Is it effective?" She asked skeptically.

"It is very effective," I smiled confidently.

"How do you know that? How can you say that?" She asked.

"I know that because I do that and I teach it. But my friend, my knowing won't satisfy you. You got to experience it for yourself," I answered.

"But how can you say that by doing this Dhyan, I will have the presence of **Maa** with me all the time?" Her voice was more strained this time.

"How do you know about **Maa Vaishno Devi's** presence here in this Bhawan?" I asked her.

"I feel it," She said.

"Exactly... I also feel the presence of **Maa** here in the Bhawan like you. Similarly, when you will do **Mata Vaishno Devi Dhyan** you will feel the presence of **Maa** anywhere and everywhere, the same way as you feel Her in the Bhawan. Not only feel but also see Her within yourself, just like I see you and you see me."

"Then why have you come here to the physical abode of **Maa** if you are connected to Her,

feel Her presence all the time and can also see her within yourself?" She asked sarcastically.

"Even I am wondering why I am here. Why she calls nobody knows, but when she calls nobody can resist," I answered.

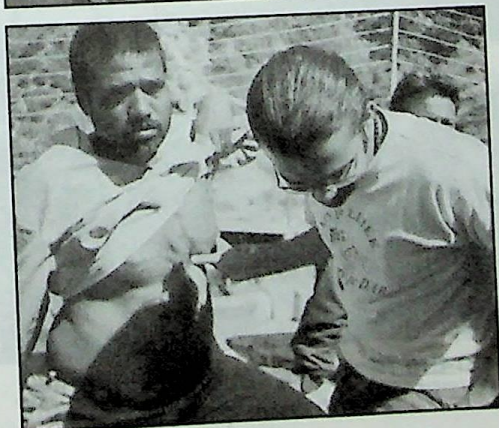
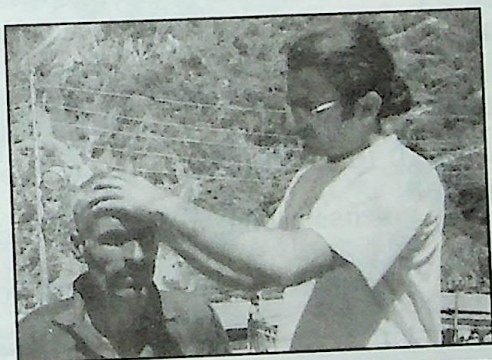
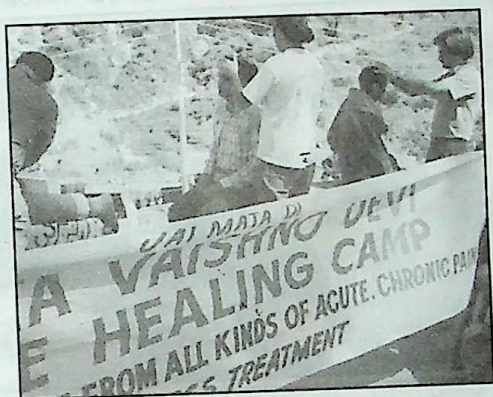
My answer had a strange effect on her she was quiet for a moment.

After a while she asked politely, "I'd love to be with **Maa** all the time, will you teach me this Meditation?"

"Sure. There could not be a better place to learn the Meditation of **Maa,**" I said.

I taught the group of celebrities **Mata Vaishno Devi Meditation**. When the session was over, a silence of gratitude prevailed. I bowed before the group and said **"Jai Mata Di."** The group left and we continued with our healing camp.

Hundreds of people surrounded us waiting for their turn to come. The devotees from all parts of the country were coming to us. Things were happening miraculously. Help was coming from

Mata Vaishno Devi Shakti Healing Camp Katra

Mata Vaishno Devi Shakti Healing Camp Katra

In the Pictures, Dr. Neeraj (above) and Vikram (below)

everywhere. We had come to Katra with nothing but **Maa** arranged everything. The street hawkers, children, local villagers everyone was now a part of the camp. They were doing sewa in their own way by guiding devotees towards us, serving them water and managing the crowd. It was an amazing spectacle to watch.

The pleasure in the service of **Maa** is the most intoxicating. We realized that devotion is a beautiful emotion. As we were healing, tears rolled down in our eyes as well as in the eyes of the patients. We had tears of devotion and cleansing and they had tears of gratitude and relief. We felt as if divinity had given us a chance to serve humanity. Almost every patient felt some relief. People were appreciating our effort, and we were responding with **'Jai Mata Di'**. For we knew that it was the **Shakti of Maa** that was healing, but we were getting the credit. It was another example of the benevolence of **Maa**.

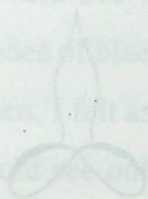
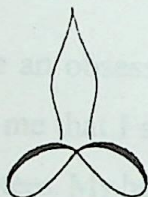
The meditation and healing camps cleansed

us immensely. They were useful for others but were more useful for us. They empowered us for our mission in life. Even after staying in the sun for the whole day, we would feel light and fresh at night. The more we healed the more our healing powers increased. This was exactly what my teacher had told me.

Healing became an obsession until one day when my teacher told me that I should pass on the technique to other devotees. My healing mission took a new turn. I started teaching **Mata Vaishno Devi Shakti healing**. It was easy as I could teach any devotee this skill in fifteen minutes and he could also join us in healing the sick. This way we could help more people.

During one of these nights in Katra, my teacher appeared before me and said, "You have cleansed yourself, so you are prepared for the next part of your journey, you can come back and let the other devotees take care of the healing camps."

I was back with my teacher.

"Now you are ready to move ahead in your Spiritual journey. **The dark night of the soul will become darker before it becomes bright. Very soon... you will see the light... at the end of the tunnel..."** Dr. Kotwal said. I was back on the rooftop of my house. The blue sky was turning black. Night was approaching....

Chapter – Thirteen
Journey Through The Kundalini

It was night. I was wondering why I woke up in the middle of it. I tried to sleep again but couldn't. I looked at the watch and it showed half-past one. I realized I was thirsty. I went to the rooftop and saw the whole city covered with woolly blankets of dark clouds. There was some kind of power failure. It was a dark night and the wind was carrying a tinge of chill. There was an eerie calm and I could hear the scary silence in the sounds. I had forgotten about my thirst.

A luminous beam of light streaked across the sky and for a moment, I could see the city in this flash. The very next moment, my whole body was shaken by a powerful thunder. The wind started to scream; it appeared as if it was going to rain. I looked around and all I could see were the outlines of buildings in the shades of black and grey.

All of a sudden, I felt as if I was in an ocean of darkness and could see only black, I looked up and again I saw a thin silvery streak of light traversing the black sky. It looked like a gigantic snake with a silvery body dancing in the sky. I was intimidated. A deafening thunder rolled again leaving me breathless and scared.

Instinctively I remembered my teacher, started chanting the mantra and doing the **Dhyan of Maa**. The next moment my subtle body was jolted out of my physical body and I was the silvery subtle body. I looked around in the darkness and remembered my teacher again. In an instant, I saw him in his silvery subtle body emerging out of the darkness. His

presence reassured me, that nothing wrong would happen to me. Calmness descended over me and I was in this state for some time when my teacher told me to close my eyes gently and chant the sacred **Mantra of Maa.**

I felt a sensation in my neck and then in my lips, I looked at my teacher and saw that his lips and neck were no more there. His eyes were beaming with joy. I felt a strong tingling in my nose...I felt like scratching it with my hand but couldn't. I looked at my teacher, but could only see his eyes shining. The whirl was spinning between his eyebrows. The whole cave was filled with an indigo smoke dancing on the cosmic sound Aumm...Aumm...Auummm... The mantra sound was neither loud nor soft. It was simply perfect and highly intoxicating. I could feel only my head, the rest of my body was gone but I was still alive without my heart, this was very surprising. I was feeling very peaceful.

A lotus of Indigo light with only two bluish petals surrounded the idols. On the left hand petal

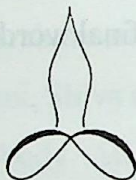
was a ball of white light and on the right petal was a bright yellow ball. Both the balls were spinning. Suddenly the idols started to dissolve in the Indigo halo and finally disappeared. Right from the point where the idols had disappeared, a beam of light emerged and entered my forehead right in the middle of the eyebrows. I felt a needle was inserted in my forehead. My head started spinning. I couldn't keep my eyes open anymore and they closed. There was complete silence and darkness. I didn't know whether I was dead or alive.

I heard the voice of my teacher, *'This is Ajna Chakra. It has been cleansed and harmonized by the Shakti of* ***Maa****. The word 'Ajna' comes from the Sanskrit root which means to know, to follow or to command. Literally, Ajna means 'command' or 'the monitoring centre'. Your karmas are being burnt away and traces of imperfection are being purified. Your fickleness is now replaced by subtle intelligence; as a result, attachment that is due to ignorance will fade away. It will also strengthen your*

will power. You can now know the true essence of all that is and that is not.'

This time I couldn't open my eyes. There were no eyes but I could see more clearly than I had ever seen before. **Maa** in Her luminous gigantic form was visible. Suddenly the luminous body of **Maa** became translucent and forms appeared to emerge in the body of **Maa**. These were Brahma and Maha-Saraswati, Vishnu and Maha-Laxmi, Shiva and Maha-Kali, my teacher and my own body. All these forms were smiling. The sound of the cosmic mantra Aumm... was echoing in the air. The forms were pulsating with the vibrations of Aumm... this mantra sound would metamorphose them into **Maa**, and then the form of **Maa** would dissolve in the pure light, and at times, all the appearances would co-exist. A miracle was taking place. **Maa Vaishno Devi** and the forms were sparkling in the spectrum of colours. The cosmic sound 'Aumm... along with the spectrum of the colours finally dissolved into a white light. Only pure awareness remained.

"Now your Kundalini is fully awakened. Energy has awakened your top most Chakra called Sahasrara. It symbolises the infinite magnitude and significance of consciousness. Here energy is formless, with form and beyond both. This clear light is aware. This is the light that sees and is seen. You are this Supreme Light of Consciousness. Realize this!" These were the final words of my teacher.

Chapter – Fourteen
A Journey Back To Future Beyond Kundalini

Next morning, I went to my teacher's place.

"Thank you Sir. It was a mind boggling experience but..."

"I know you have questions. Go ahead, ask."

"So many colours, shades and sounds...will you please explain these, Sir?" I asked.

My teacher smiled, kept on looking at me for some time and then said, "It was a Spectrum of Consciousness. Because you were doing **Mata Vaishno Devi Dhyan** intensely, the Kundalini Shakti

was awakened in you and it showed you the subtleties of Existence. Each colour corresponds to an energy level and each energy level corresponds to a Divine Abode."

"And what are these Divine Abodes?" I asked.

"These Divine Abodes are the reservoirs of miraculous powers. You have the gateways to these Divine Abodes in your body. These are called- Chakras- the energy hubs. Only with the grace of the **Shakti,** can one activate and accelerate these gateways to enter the Divine Abodes. The mantra sounds that were empowering you are the sounds of the Chakras harmonized in your body."

"Right Sir," I said. "But what happened to my subtle body. It was no more there. Nothing was there in the end, not even the Deity, no colour, and no sound only an ocean of colourless light...I can recapitulate. And yes... there was some sort of Awareness that prevailed. What was all that?"

"Whatever you saw and all that happened is the play of **Maa**. Everything that appears or

disappears, anything that you invent or discover is the play of **Her Shakti.** No matter what you see... hear... touch... smell... taste... feel... visualize... is all the play of **Mata**. She is the Mother of all experiences. You witnessed the Divine Theatre. Divinity chose you to reveal Her secrets. You had a flash of the Truth; a glimpse of the right view," Dr. Kotwal said.

"But why were the colours changing, Sir?" I was still confused and curious.

"As you see, so is the world. Its not that the colours change, it's the quality of your insight that changes. You must remember that whatever undergoes a change or can change is not real. You must strive to cultivate the right view," Dr. Kotwal said with deep emotion.

"What is the right view, Sir?" I asked.

"To constantly Be... to realise that you are the Changeless in every change. But remember, this state is even beyond the Chakras and the Kundalini. The experience of this state is the

Ultimate. There is nothing beyond," He said.

"Is it more powerful than the Kundalini experience, Sir?" I asked in awe and wonder.

"Yes!! It is beyond all. It is more powerful than all Kundalinis combined together. Seven Chakras are like the steps of a Spiritual ladder, which, you have to climb to reach the Supreme Self. The awakened Kundalini is the power you need to climb this ladder. Each step takes you ahead to a subtler dimension of your True Self, and once you cross the seventh, you are one with your Pristine Self."

"I didn't get you, Sir... It is not easy!"

"I know you won't get it. You have already forgotten what you experienced last night. Remember I told you, you are the Supreme Light of Consciousness in which all forms appear and disappear."

"Ah...! Now I remember... But why did I forget, Sir? Even when I know, I am That, why does this State go away?"

"Always remember..., the State of Supreme

Consciousness is a Stateless State... It goes nowhere; It is always here... It is Now and it is Here... It is wherever we are— Always!! Remember this...!"

"Why are we not able to recognize Maa's true Self?" I asked impatiently.

Dr Kotwal looked into the space, smiled mystically and said, "Because we are more interested in what we can get from Maa than in Maa Herself...because we are more interested in the attractive and tantalizing objects, manifestations and creations that appear in Her Supreme Consciousness than in the Consciousness itself.... Because we are not able to understand Her play, we are not able to realize this Supreme...Stainless...State.... Because we do not recognize our True Self that is why we fail to recognize the True Self of Maa..."

"What should I do Sir, how can I stabilise myself in my True Self?"

"What you do not realize, you cannot

stabilise...! Since you are not stabilized in your real Self, it shows that you have not so far realized your true Self. The problem is not of stabilization it is of realization. The moment you realize your true Self, stabilization will take place automatically. You don't have to do anything for stabilization; all efforts are meant for realization...continue to practice **Mata Vaishno Devi Dhyan** as I have taught you, and discriminate, contemplate, reflect on what I have been telling you... With the grace of **Maa,** wisdom and insight will dawn upon you. And until this happens you must go and spread the glory of **Maa...** cleanse yourself by teaching the **Mata Vaishno Devi Dhyan and Healing people with Her Shakti."**

The words were flowing from the core of his Being — an outpouring in ecstasy — revealing the depths of the vast experience, infinite wisdom, immaculate insight and deep compassion of my teacher. I was overwhelmed. Tears rolled down my face. I had no more questions. I just sat there...In Bliss...In Unison...!! And I knew my way now. I knew

my way In. I knew my way Out!

After sometime, I saw my teacher was still in a trance. I decided not to disturb him and leave. I bowed in gratitude and as I reached the door, I felt, instinctively, as if my teacher was saying something to me... I looked back... He was smiling at me, radiantly!

...The next day... the Sun is shining radiantly at **Mata Vaishno Devi Bhawan**, Katra. To cleanse myself, I have come here with my group to teach **Mata Vaishno Devi Dhyan and Shakti Healing... and start once again — My Journey Back to Future....**

JAI MATA DI

Mata Vaishno Devi Research Centre

Mata Vaishno Devi Research Centre is an effort to promote the glory of **Mata Vaishno Devi**. It is an opportunity for devotees to understand the Spiritual significance of **Maa** and experience Her presence within. You can join us in spreading the glory of Maa by organizing:

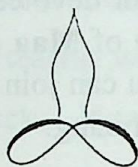
Mata Vaishno Devi Dhyan Camps

Mata Vaishno Devi Shakti Healing Camps

All devotees of **Maa** who are interested in supporting our research, promoting our books and organizing or sponsoring **Mata Vaishno Devi Meditation And Healing Camps** may get in touch with us.

Address for correspondence:
Maruti Sharama
Mata Vaishno Devi Research Centre
H.No 55, Near Oscar Janj Ghar, Mohalla Tube Well,
Toph Sherkhanian, Jammu, J&K, India. 181121.
Ph. No: 00-91- (0) 9906006332, (0) 9419141446,
(0191) 2002641
Email: matavaishnodevidhyan@yahoo.co.in

Appendix - (I)

Our Forthcoming Books

I hope you enjoyed reading this book.

The forthcoming books written by Dr. Ajay Kotwal, Neelam Mohan and their students are ready for publication. These are invaluable treasures of wisdom for mankind. The titles, gist of themes and contents are reflected in the following pages. Contributions for getting them published would be acknowledged and appreciated. Donations and contributions in any form are accepted to help the Mystics, their families and seekers who are on the way, to set up libraries, to give scholarships to the deserving, to open education and meditation centres. All those individuals who want to help make this world and life beautiful for all, must contribute meaningfully.

Life After Spiritual Enlightenment

- Dr. Ajay Kotwal

Strip For Bliss

The Secrets Of Eternal Happiness

Revealed by Dr. Ajay Kotwal an enlightened Mystic in Conversations with Maruti Sharma

Strip For Bliss

-Dr. Ajay Kotwal with Maruti

"A simple process of Stripping off all the concepts including the mind brings any person to awareness of Eternal happiness..."

Dr. Ajay Kotwal

A selection from talks, random insights and teachings of Dr. Kotwal for your contemplation.

Autobiography of a Mystic

- Dr. Ajay Kotwal

Autobiography of a Mystic is a powerful spiritual classic. It maps the life of Dr. Ajay Kotwal, a Spiritually Enlightened Mystic from the Himalayan foothills. The unique poetical expression of Dr. Kotwal decodes the Supreme Consciousness in a very simple way. It contains answers to all the questions that a seeker never asks. In a way, Autobiography of a mystic is not an autobiography of a person but records a process of depersonalization leading to transpersonalization and Spiritual enlightenment. It is not a story of Dr. Ajay Kotwal, it is your true story. It is not an autobiography of a mystic, it is your autobiography.

Read this book to discover your Self!

"You are the born,

dead and gone,

This is your history,

You are the living,

will always remain,

This is your mystery"

- Dr. Ajay Kotwal

Death Demystified!
Life Revisited!

You are going to die-anytime!
Do you know how to live life after you die?

Answers from a Living Mystic

Chaitayna
Vipassana
Dhyan

A leap beyond traditional Vipassana

- Dr. Ajay Kotwal

Chaitayna Vipassana Dhyan

- Dr. Ajay Kotwal

This book talks about Chaitnya Vipassana Dhyan - a meditation technique for awareness of bliss and witnessing consciousness devised by Dr. Ajay Kotwal.

It helps you discover experientially solutions to all your tensions and disharmony. It develops your equanimity, introspection and understanding through mystic techniques of observing breath, feeling, sensations of body- mind and emptiness. It leads you on to glide into the domain of deep relaxation, bliss, witnessing consciousness and its awareness. For its experiential range, effectiveness, easy to follow practice- guidance techniques, Chaitanya Vipassana Dhyan takes a leap ahead of the popular Vipassana Dhyan. It can be learnt and practiced at your own pace and comfort. ***Chaitnya Vipassana Dhyan*** neither imposes any painful or uncomfortable rules, regulations and disciplines nor is it necessary to retreat for days from your everyday life to learn or benefit from this dhyan.

Discover the technique and take a leap back into your Primodial Self!

Spiritual Enlightenment Rediscovered

- Neelam Mohan

Rediscover

Who are you? What is this world? What is your relationship with the world? What is an illusion? What is reality? What is the true purpose of Life? What is Spiritual Enlightenment? Why do you need Spiritual Enlightenment? What are the obstacles to Spiritual Enlightenment? How to attain Spiritual Enlightenment?

Discover the experiential answers to some of the most intriguing questions!
Also rediscover your Self.

In Quest of the Quintessence of life

- Shilpa Gupta

In Quest of the Quintessence of life is a true story of a young girl from East, born in an affluent family struggling to discover the source of eternal joy and peace of mind. In search of her answers, she goes to West but comes back disappointed. Then one day she meets another girl of same age, from West, who has come to East in quest of the Truth but fails to find a break through. Both the girls finally meet in a small town Jammu in the foothills of Himalayas, and meet a mystic teacher Dr. Ajay Kotwal…and their life changes…!

This book contains recorded conversations of these two young girls with Dr. Ajay Kotwal. These talks serve as straight answers to many intricate questions on rituals, yoga, spiritual teachers, happiness, meditations, healing systems, subtle bodies, death, immortality and spiritual life .

Secrets of your non-physical bodies revealed!

Just like you learnt to use your physical body, similarly, this book teaches you how to use your non-physical bodies. Once you learn to identify and operate the non-physical bodies, you can do anything anytime, anywhere.

Believe it or not, you can also do it!

Mystic Meditation* is an art of getting connected to inner peace, calm, harmony, bliss and eternal life- *Instantly!

Revelations And Teachings
Of An Enlightened Mystic
- DR. AJAY KOTWAL -

SPIRITUAL ENLIGHTENMENT

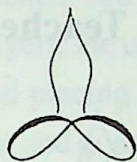
And

MATRIX - DECODED

Warning!

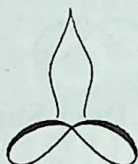
Only For Those

Who Want To Break The Matrix ...

And Go Beyond Spiritual Enlightenment

Mata Vaishno Devi

Mata Vaishno Devi Shrine is one of the oldest shrines of India, located at a height of 5300 feet on the holy Trikuta Hills of the Shivalik Hill Range. The Holy Cave attracts lakhs of devotees every year from all parts of India and abroad. The Holy cave is 13 kms from the base camp Katra. **Maa**'s abode is in 100 feet long cave with a narrow opening. There are three natural rock formations known as 'Pindies' representing Maha Saraswati, Maha Lakshmi, Maha Kali that represent creative, preservative and destructive aspects of the Supreme power. The **Mata Vaishno Devi Shrine** is one of the most popular Shrines of India. This Shrine is the holiest of all *Shaktipeeths* (a place where the Mother Goddess, the Eternal Energy has Her abode).

Appendix (III)

My Teacher

Dr. Ajay Kotwal is a reluctant Mystic. He is a friendly spiritual guide without any pretensions of being a Mystic. He lives a normal life like all of us. It is difficult to differentiate between him and an ordinary person. He always says, "**There is no difference; the difference is only at the level of Awareness. Everyone is equally enlightened whether he knows it or not, All is One and One is All.**"

Earlier he used to teach spiritual teachers, seekers and anybody else who would come to him. Now he has chosen to lead a private life and at times guides, instructs and trains a select group only. He loves his privacy and anonymity. It took years of persuasion by seekers and friends to get his consent

to publish his talks and writings.

Dr. Ajay Kotwal is not a conventional guru, saint or spiritual teacher. He is just like a modern soccer or football coach, and we all at Commune of Mystics are like players. He is simply perfect at pacing the learning and placing the seeker at the right level. He assesses us and gives us techniques to hone our skills further. Like a coach, he defines the strategy and guides us how to defend happiness, peace, calm and joy in life. He also trains us how to attack, dribble and dodge past the opposition - suffering and temptations to score the goal. To him it doesn't matter how brilliantly we play, or how good our display was, and how much we fascinated the crowds. He is not impressed at all unless we score the goal. And the goal for him and for us is Self-realization—Spiritual Enlightenment.

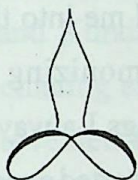
When we are distracted, he redirects us. When we are doing well he tells us to do better. When we are feeling low, he energizes us, when we need encouragement he ignites us. When we are overwhelmed by our progress, he calms us down and always says, **"Don't get excited by what you have done and what you do, get excited to know who you are."**

He is impeccable at the art of substitution and assigns each player the right place at the right time. He knows who should guard the wisdom and who should pass it on. He always tells us, **"You are the supreme player; you must operate with peak wisdom in the peak realms and experience peak joy and happiness forever. You must learn how to play cosmic games and be one with the play."** He celebrates with us when we win and goes thoughtful when we lose.

He is a coach with a difference. It's his play, it's his match, he chooses the team that will play but he himself never plays. To conclude, I would like to share with you what my teacher always tells me,

"I am what you are
And
You are what I am
The difference between you and me
Is an illusion
There being no duality
The difference is
False, apparent and not real."

Appendix (IV)

My Journey To My Self

I am Maruti Sharma; I am not a guru but a Mystic who has not renounced the world, but unlike others is not dependent on it for perfect peace and joy.

This book is not a piece of fiction. It's my story recollected in tranquillity. It's introspection; it maps my spiritual journey from **cosmetic to cosmic existence, illusions to reality, from myself to my true Self.** Coincidences can be life-changing incidents. In this physical birth, I once again met my teacher and guide Dr. Ajay Kotwal when I was thirteen and my spiritual journey resumed.

My teacher introduced me to the entire gamut

of mysticism, to the countless choices of how to live life, of which a common person is not even theoretically aware. I discovered the pettiness of all worldly pursuits when he introduced me to my own vastness and initiated me into the subtle worlds of mind-boggling, harmonizing and transforming experiences. The things I always thought I knew, I had to relearn. Once I started experiencing the Divine experiences, I had to understand the nature of these experiences. With each passing day the need to experience and understand— grew.

My teacher helped me understand and appreciate the beauty of the great spiritual traditions. Under his guidance, I studied Hinduism, Buddhism, Sufism, Christianity, Kashmir Shaivism, Taoism and many other mystical traditions.

After these, he taught me the basic energy practices like Reiki and Pranic Healing. Later he introduced me to an advanced healing technique called Mystic Cosmic Energy Beaming. This technique turned out to be immensely powerful and

much more effective than the traditional healing systems.

I also learnt subtle Mystic Yogic practices like Pran Dhyan Kriya Yoga, Omkar Kriya Dhyan Yoga and Chaitnya Vipassana Dhyan.

Learning Coloured Pranayamas for instant Chakra balancing and Kundalini turned out to be one of the most fascinating experiences.

Dr. Kotwal revealed the incredible instant wish-fulfilling practice. He liberated me from the limitations of spatio-temporal dimensions by teaching me the secret techniques of living and travelling without the physical body.

I discovered bodies within bodies, worlds within worlds, full of joy, visions, sounds and lights. The experiences were beautiful and exciting but whenever I would go to Dr. Kotwal and talk about them, he would smile and say, **"All experiences, however exciting they may be, are limited and must be transcended."**

As advised by my teacher, I also studied Modern science and Western psychology to know

what the modern mind thinks about body, mind and soul. The research conducted in the West by William James, C. G. Jung, Alder, Rogers, Richard Gerber, Peck, Fox, Black, Elk, Hildegard, Borysenko are amazing. However, more amazing are the researches in the East from Shiva, Krishna, Ashtavakra, Patanjli, Vashista, Buddha, and Guru Nanak. Here I can foresee clearly that West can gain a lot from the wisdom of the Mystics, as East is already gaining from the West.

Finally, my teacher taught me Atman Bodh Dhyan Gyan and helped me explore the highest state of consciousness also called Spiritual Enlightenment, Moksha, Nirvana, Mukti, Self-Realization, Shiva and known by many other names in different traditions.

After studying the subtlest nuances of the highest state of Consciousness, I decided to serve Humanity. My vision is Cosmic and my mission is to help people realise their Cosmic Existence. Teaching **Mata Vaishno Devi Meditation** is the first step in this direction.

I chose to teach this meditation because it is

simple, experiential, quick, highly powerful and suitable for everyone irrespective of age, caste, creed and religion.

I have the call of **Maa Vaishno Devi** to do service and spread her glory. It's my life's mission and my ambition. I am sure you too would like to join me in this noble mission for the welfare of humanity.

How The Book Was Written

Years ago, while my Spiritual teacher Dr. Ajay Kotwal was researching, contemplating and meditating upon Cosmic Consciousness and the nature of Existence, he had miraculous visitations of Maa in Her luminous forms. She would suddenly manifest Herself in his Consciousness and reveal to him certain aspects of Her Being, which had never been heard of or read about anywhere. During his meditations, he would eagerly await Her visitations and, gradually, became familiar with Her visitations and Her revelations. He would make notes of Her

visits in his meditation journal. During his amazing interactions with Her, he realized that Maa not only has a physical dimension but also She is also an Omnipotent, Omniscient and Omnipresent Being. She is the supreme light of consciousness, a symbol of all names and forms and is the essence of all creation, sustenance and dissolution. Her presence and power is wondrous, awesome and wholesome.

His research and meditations continued and so did the visitations and revelations of Maa. Gradually a meditation system was revealed to him. As he practiced these meditations, to his amazement, he discovered that some of the revealed meditations were very powerful and could become a guiding force for inner journeys to the Spiritual Abodes of Maa, harmonizing the energy hubs- chakras- in our subtle body, awakening of the dormant serpent energy- Kundalini -within us. During his experiences with these meditations, he also came upon subtle breathing techniques, which he called coloured pranayams, some mystical symbols for wish fulfilment and for tapping and channelizing the

Divine Healing Energy of Mata Vaishno Devi.

Over the years, he worked on this system by himself recording it, writing about it, till he realized that a systematic pattern in revelations was taking a shape. He classified his revelations into two broad categories: A Meditation System **MATA VAISHNO DEVI DHYAN and a Divine Energy Healing System MATA VAISHNO DEVI SHAKTI HEALING.**

As his interest in the revelations intensified, he also discovered that though there are millions of devotees of Maa trying to tap Her blessings and divine energy by fascinating ritualistic, devotional practices and other systems, not many or any are aware of seeking or reaching Her presence, blessings and grace by a meditation system.

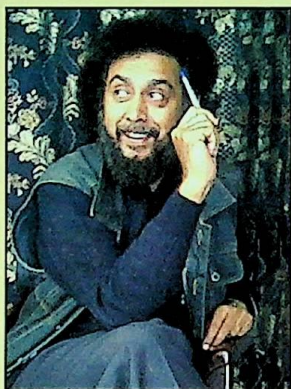
In fact, I was unable to trace in the recorded history of Mata Vaishno Devi, a formal systematic meditation system to Maa, which my teacher taught me.

Dr Kotwal had kept these revealed systems to himself. However, over the years he shared some of

his revelations with me. I experimented with Mata Vaishno Devi Meditation and Healing System and in turn, had my own revelations, which I would religiously record in my personal meditation journal. My revelations and experiences of — Mata Vaishno Devi Meditation, Shakti Healing, subtle abodes of Maa, Chakra Cleansing, Kundalini Awakening, Peace, Joy and Truth form this book.

This book would have served its purpose, if at the end of it; you take another look at your life and introspect. Wish you a great journey to Introspection!

I offer this book at the feet of Maa and my Spiritual guide.

-Maruti

Dr. Ajay Kotwal

Dr. Ajay Kotwal is an Enlightened Mystic and a friendly spiritual guide. Years ago, while he was researching, contemplating and meditating upon Cosmic Consciousness and the nature of Existence, he had miraculous visitations of **Mata Vaishno Devi** in Her luminous forms. He classified his revelations into two broad categories. A meditation system-**Mata Vaishno Devi Dhyan** and a divine energy healing system-**Mata Vaishno Devi Shakti Healing.** After many years he shared some of his revelations with **Maruti,** who experimented with these systems and, had his own revelations. This work is a record of their spiritual adventures.

A TRUE STORY!

Miraculous experiences of powerful Mata Vaishno Devi Meditation and Shakti Healing! Divine Meetings with Goddesses Mata Vaishno Devi, Mahalaxmi, Saraswati, Mahakali, Mother Mary and Gods Brahma, Vishnu, Shiva, Jesus Christ! Coloured Pranayams! Journey through the Past Lives! Wish Fulfilment Technique! Astral Journeys! Journey through the Chakras and beyond Kundalini! The Matrix of Transmutations! Journeys to the West : Austria, Switzerland! Insights into Spiritual Enlightenment!

Before these experiences, **Maruti** was an international Stress Management Consultant and Trainer but now he has decided to devote his life to spread the glory of our beloved **Mata Vaishno Devi** by teaching Her Meditations and Healing Systems-as revealed by his teacher-worldwide. **Maruti** invites you to join and support the system. He is convinced that the systems are very effective and will definitely work for you as they worked for him.

Maruti Sharma